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PRESCOTT: ANGELS AT NGH SAVED MY SISTER

Staff at hospital brought Viv back from the brink

BY NICHOLAS BIEBER
nicholas.bieber@hpnorthants.co.uk

Former Deputy Prime Minister John Prescott has praised under pressure staff at Northampton General Hospital for saving his elderly sister's life - twice.

Lord Prescott rushed to hospital last month after his 70-year-old sister Viv was taken into A&E having suffered a heart attack.

She had been staying at her daughter's house in Northamptonshire for Christmas when she was taken ill.

Lord Prescott told the Northants Herald and Post: "I thought it was the end for Viv.

"Her organs had collapsed, she was put on a ventilator and she didn't respond.

"But the doctors and nurses refused to give up on her. They stuck by her and slowly but surely she responded.

"Then, two weeks ago she suffered another heart attack. But the staff yet again stuck by her and saved her life.

"I am so thankful to them as I could see they were under huge amounts of strain.

"I was shocked by what they were having to cope with."

Read about the 'shocking conditions' Mr Prescott witnessed at the hospital on p7.

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#snapjustice

Email pictures to: news@HPnorthants.co.uk **Pictures used anonymously**

#Snapjustice is proving popular in the paper and online.

Here is a picture sent in by an angry reader of a pile of discarded bottles and cans which have been dumped close to a path alongside the gateway into Higham Ferrers.

As part of the *Northants Herald & Post's* #snapjustice campaign readers are being asked to send in pictures of bad parking and other gripes which might bother you. If you are frustrated by inconsiderate behaviour then take a picture of it on your phone.

You can tweet it to us @NorthamptonUK using #snapjustice, send it to us via Facebook at NorthantsHeraldPost or you can email it to us at news@hpnorthants.co.uk

text 2 text

Txt 2 Txt with Nicola Victoria Buck, actress from Northampton

Where is your favourite spot in the world?

Paradise Cove in Malibu California, the most beautiful place I've been to

What is the last thing you lost and where?

Keys to my storage unit in Beverly Hills - had to get bolt cutters

What animal spirit would you be?

Deer

What was the last film you saw?

The Hunger Games: Mockingjay – Part 1

What was the last book you read?

Yes Please by Amy Poehler

If you were in a rock band what role would you have?

I wish I was the lead singer in a rock band AND that I could sing!!

What was the name of your teddy bear/doll?

Dorothy. . .I was mesmerised by The Wizard of Oz

When was the last time you cried?

About an hour ago. . .hahaha. . .I'm an actress. . .it's what we do ;)

Editor's Letter

The station is open but I just wish it had been different

Northampton's new station opened this week, millions over budget and months late.

I don't want to nitpick. It's great to have a new station.

And if the only issue was the usual shenanigins of big public works coming in late and costing a bit more then I probably wouldn't be writing this.

But there is something else about Northampton Station that I am having trouble coming to terms with.

It's the whole issue of disabled access.

Now let's be clear. There IS disabled access.

It's not at the front of the station however, it is round the back, via the car park.

The front of the station with its tastefully spectacular stairway to heaven is only available to those with the stamina and fitness to make it up the steps unaided.

In a way you can see what happened.

At the design stage there was probably a 'when is the front of the station not the front of the station' kind of moment.

I wouldn't be surprised if more people enter the station via the car park than from Black Lion Hill.

> 'If someone arrives in a wheelchair they have to find their way round to the back'

But from the design, clearly, the front of the station is out on newly upgraded street, opposite the innovation centre.

Which means if someone arrives in a wheelchair or other non-standard mode of transport they have to find their way round to the back.

The tradesman's entrance. The wheelchair entrance.

And I know there has been some whining about the wonderful new things being done for the town.

The bus station - too small, wrong place, nightmare traffic layout - is an example.

And as I say, it's nice to have a new station but...

We are sending disabled people round the back.

We would send Professor Stephen Hawking or Dame Tanni Grey Thompson *round the back*.

It's just not right.

Steve Scoles

Ps Happy Birthday Hils x

NEWS IN BRIEF

Top philistine

The leader of Northampton Borough Council, David Mackintosh, has been named 'Philistine of the Year' in the Private Eye 'Rotten Boroughs Awards'. This is because of the council's decision to sell the Sekhemka statue.

Tesco closures

The future of Tesco stores in the Northamptonshire area is hanging in the balance after the supermarket announced it will close 43 shops.

The retail giant will announce in the 'coming weeks' which ones will close.

Football bans

Three Cobblers fans have been given football banning orders after a pre-match fight with Mansfield Town fans. The men pleaded guilty to public order offences at Wellingborough Magistrates' Court and received fines.

Sleeping rough

Cllr David Mackintosh and cabinet member for housing, Cllr Mary Markham, are sleeping rough for one night this month to raise money for the Hope Centre. The Big Sleepout takes place at Christ Church on January 30.

Boy assaulted

A 12-year-old boy was assaulted by a stranger outside a school in Wellingborough. He was walking along Broadway on Tuesday when he accidentally bumped into a man who then grabbed him and threw him to the ground.

Mum gives birth at a theme park

BY NICHOLAS BIEBER
nicholas.bieber@hpnorthants.co.uk

A theme park is on a mission to find a new mum who gave birth at the attraction's park gates.

The woman reportedly gave birth to a baby boy on Monday morning while she was in an ambulance parked outside Wicksteed Park in Kettering.

She had been in the ambulance on the way to hospital but during the journey nature was ready to take its course, leaving the paramedics no choice but to stop outside the park gates so they could deliver the baby.

Park managing director Alasdair McNee said: "When I turned up to work at 9am I saw the ambulance parked up at the entrance to the park.

"I then found out that a woman was inside the vehicle giving birth!

"It is certainly not the sort of thing you expect to see when you arrive at work in the morning."

Mr McNee says this is the first time something like this has happened.

"We've had a few close calls over the years but never anyone giving birth at the park entrance," he said.

"The ambulance people obviously knew what they were doing but it was still a shock.

"We like to encourage children to come to the park from a very young age, but not usually on the day they are born!

"We are now hoping to trace the woman as we would like to send her a congratulatory bunch of flowers."

ROLLERCOASTER RIDE: The woman gave birth at the park gates

Blue Peter presenters to go on air

Two former Blue Peter presenters are set to host the Heart FM breakfast show, it has been announced.

TV and radio presenter Katy Hill will join the Heart Four Counties station, which covers Northamptonshire, to co-host the breakfast show with Stuart Miles, as regular host Natalie B prepares for the arrival of her first baby. Heart Breakfast with Stuart and Katy will launch on Monday, February 2 at 6am.

It will see the pair reunite 15 years after they hosted Blue Peter together.

Stuart has been at the helm of the popular Heart Four Counties breakfast show since 2010.

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NEWS IN BRIEF

Help for halls

Two village halls at the centre of their communities have been given a helping hand from Daventry District Council's capital grants scheme.

Walgrave Village Hall was awarded £6,955 to refurbish the kitchen and Everdon Village Hall received £3,517 to help pay for new heating and lighting.

Just for women

Nominations for Northampton's Inspirational Woman Award 2015 are open.

Vote for women who have inspired you or who you feel make a difference to people's lives or in the wider community.

Nomination forms can be completed at www.northampton.gov.uk/inspirationalwomen or call 01604 837829.

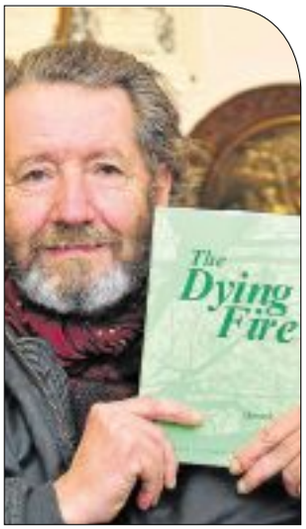
Memorial Day

Wellingborough has been chosen to light one of 70 candles to mark this year's Holocaust Memorial Day.

It will be lit at a service at 2pm on January 25 in Swanspool Gardens. Candles will be lit at events across the UK to commemorate the 70th anniversary of the liberation of Auschwitz-Birkenau.

The Dying Fire sparks into life

Dominic Allard has written poetry all his life but never considered putting it all into a book until his old friend Alan Moore gave him a call . . .



HARDBACK: Dominic with The Dying Fire which was supported by Alan Moore

Dominic Allard is publishing his first book of poetry aged 61 thanks to his old Northampton school mate and author Alan Moore.

Dominic and his family have inspired stories in Alan's soon to be released epic tale of Northampton, *Jerusalem*.

And in return for that inspiration Alan has arranged the publication of Dominic's collected poems in a book called *The Dying Fire*.

Until now the poems had only been published occasionally and individually in various newspapers and magazines, although Dominic has been writing – when the mood takes him – all his life.

"It was Alan got in touch. I sent him off the collection and look what has happened," Dominic said, pointing to two cases of books sitting in his living room. "It is a thankyou for letting him use the stories in *Jerusalem*."

Dominic, like Alan (author of *Watchmen* and *V for Vendetta)* grew up in the deprived Spring Boroughs area where they both went to Spring Lane School.

They went on to be pupils at the Grammar School (now NSB). They often met at the Northampton Arts Lab cultural project.

"I remember there would be times we would not be talking to each other because we had disagreed – and I think he might have been right – about poetry," said Alan.

"He took a more romantic approach. He had a great love of John Clare. I think Dominic had to find his own voice."

The book includes a seven page foreword by Alan in which he says Dominic's "words speak of an almost-gone emotional reality, a since subsided proletarian warmth, an honesty entirely unafraid of sentiment, a great clarity of the heart."

In Spring Lane School there is a noticeboard displaying laminated pictures of Alan and Dominic to encourage the pupils which they are both very proud to feature on.

Alan jokes; "I should point out that Dominic got there without the help of a global media campaign!"

Copies of *The Dying Fire* signed by Alan and Dominic will be available in Northampton Library or the NN Cafe and may soon available in Northampton's Waterstones.

You can purchase the books online at blurb.co.uk priced £14.99 plus VAT.

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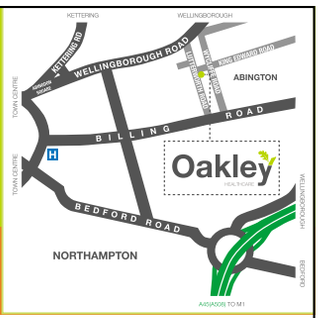

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Top 5

The top 5 Saints set to shine in the Six Nations

The Saints stars who will be looking to do well in the Six Nations which starts on February 6

1 British Lions, Wales and Northampton Saints winger George North should be in the Welsh team to face England in Cardiff on February 6. One of the stars of world rugby, North, 22, who has 45 caps for Wales, will be looking for a big Six Nations.

2 England and Northampton Saints hooker Dylan Hartley will be aiming to be in the England team for the Six Nations especially this year, with the World Cup approaching which is being held in England.

3 England and Northampton Saints lock/flanker, Courtney Lawes, will want to add to his 30 England caps. Those all began at Twickenham against Australia in 2009.

4 England and Northampton Saints flanker Tom Wood could win his 29th England cap in the same fixture he won his first which came was on February 4, 2011 against Wales in Cardiff - the opening fixture in that year's Six Nations tournament.

5 England and Northampton Saints centre, Luther Burrell, could be one of the stars of the 2015 Six Nations. A newcomer in interntaional rugby with six caps, his first came away to France on February 1, 2014.

'Childish' council leader ousts boss

BY NICHOLAS BIEBER
nicholas.bieber@hpnorthants.co.uk

The leader of Northampton Borough Council is to remove a director of a new council housing company just weeks after it started operating.

Cllr David Mackintosh will remove Cllr Sally Beardsworth, who is the leader of the Liberal Democrats group on the authority, from Northampton Partnership Homes (NPH) at the next full council meeting.

The move, which has been slammed by Cllr Beardsworth as 'childish', comes just one week after the arms-length management company officially started operating and took over 12,000 council homes in the town.

Cllr Beardsworth said: "I'm not surprised he has done this, I'm quite used to him being childish.

"The reason he is doing this is because I asked a very discreet question at the last council meeting about something the council was supposed to sort out before NHP got underway. Because I did that, he went absolutely mad at me and shouted 'I'm taking you off the board, I can do what I want'.

"It's sad that he is being like this as I have been spokesperson for housing since 1993 and I have a lot to contribute."

Cllr Mary Markham, cabinet member for housing, said: "Decisions made by the board of NPH have the potential to affect the lives of thousands of residents in the town, and because of that directors are expected to act responsibly and with integrity. We have a duty of care to residents, and those who we nominate to the board must be suited to the role."

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Cloudy2Clear service the Northampton, Kettering, Wellingborough & Corby areas and Trevor is finding that his approach is a major factor in his success. 'The truth is that it's not just the personal satisfaction that I get from doing a good job but also it makes good business sense. I get a huge amount of business from friends and family of people I've done work for, which just goes to show how much a little bit of effort is appreciated.'

So, if your windows are steamed up, broken or damaged give Trevor a call for a free quotation on **0800 61 21 118** and he'll be happy to help!

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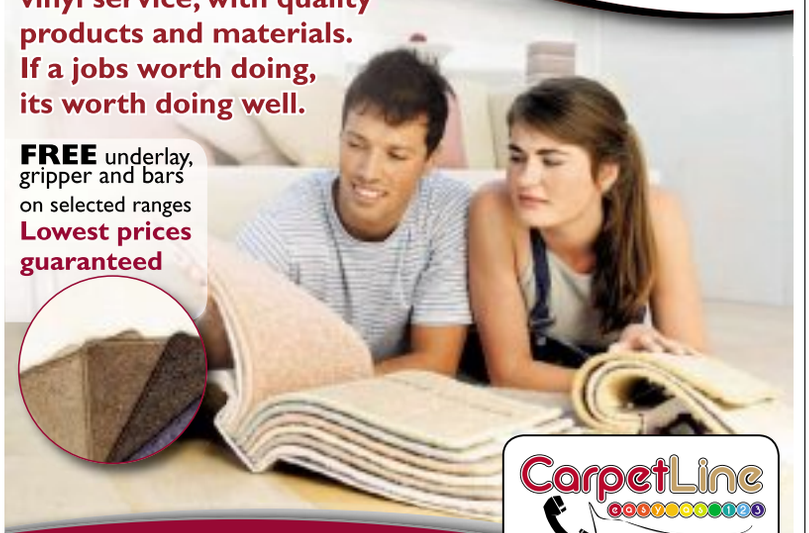

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Flashback to 1953

Laurel and Hardy on tour in town

The *Northants H&P* has been trawling through the archives and has come across an amazing video of Laurel and Hardy kicking off their 1953 tour in Northampton.

It shows the comedy duo arriving at the former 'New Theatre' in Abington Street, which was demolished in 1960, to get ready for their performance.

See the hilarious video on our website.

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NEWS IN BRIEF

County grants

Northamptonshire is aiming to attract more businesses and has another £100,000 available.

LOCATE helps businesses to relocate or expand their business by moving to the county. Read more online.

Delapre job

Robert Woodhead has been appointed to carry out the restoration of Delapre Abbey in Northampton, which is being funded by the Heritage Lottery Fund.

It followes a closely contested tender process.

Remembering

Corby Borough Council will be marking Holocaust Memorial Day and is inviting members of the public to join in the commemorative event to be held in the Council Chamber, Corby Cube, at 1pm on Sunday, January 25.

Green award

SpaceVac Technologies Ltd, at Rothersthorpe Crescent, Northampton, has won a Green Apple Environment Award in the national campaign to find Britain's greenest companies, councils and communities.

Beer festival

Phipps NBC will be organising this year's annual Delapre Beer Festival following two successful years with Northampton Borough Council.

The 2015 event will take place between May 28 and 30.

Medals stolen

A burglar stole eight service medals of sentimental value from a house in Knights Lane, Kingsthorpe, Northampton.

Offender/s broke into a property between 2pm and 7pm on December 14 via an unlocked conservatory door.

Team leader

Northamptonshire County Council's director of adult social services, Carolyn Kus, is leading a regional workforce development strategy to ensure staff across the East Midlands are ready to deliver 21st century services.

Funding worry

Northampton South MP Brian Binley has raised concern that the current funding arrangements for higher education are unsustainable.

He feels they are increasing pressures for future generations.

Nous sommes Charlie! How Northants is standing alongside terror victims

When the news of the attack on the offices of Charlie Hebdo broke, we were deeply shocked and in disbelief. Escalating further with the second attack at the kosher supermarket. So in respect to those taken and their families left behind, we at Abandoned Art Studio felt compelled to let our Angelina Flapp show her and our solidarity as has been established: Je Suis Charlie.
AA

Alan Moore has challenged the world's great religions to "clean up their act" in the wake of the murder of cartoonists on the Charlie Hebdo magazine in France.

The Northampton writer and comic book creator has delivered a stark challenge for religion to put its house in order.

He said: "It is probably time for something to be done with regard to monotheistic religion cleaning up its act. It is not about Islam, Jews or Christians. If you come from the position that there is only one God and He's yours then only one thing can happen when you meet someone who thinks differently. It is not rocket science although as we have seen in Afghanistan, rocket science will probably enter into it.

"I am not saying people should not be free to join whichever religion they choose but should we be forced to live our lives around a belief system that originated somewhere around the fourth or fifth century BC. I cannot see any more reason to base a belief system around Christianity, Judaism or Islam than I can around Lord of the Rings."

Alan issued a direct challenge to the moderates of all faiths not to tolerate sermons of hate.

He said: "The majority of followers in Christianity, Judaism and Islam are moderates but it is time for those people to step up. The problems that your radicals are causing are creating quite a mess in your own backyard. It does not reflect well on the Abrahamic religions. Couldn't organisations with this much fear and intimidation associated with them be classed as mafiosi and be dismantled by the authorities? If you don't do this yourselves then you will live your lives forever tainted with these terrible crimes against humanity."

Afiz Ali, chairman of Northampton Central Mosque, has urged people to realise Islam is a 'peaceful religion' that does not teach anyone to kill.

"It is very sad what has happened in Paris. Our prayers are with the families of those who died and are with the people of Paris and France.

"The barbaric killings are not acceptable in any shape or form. The Muslim community in Northampton and round the world is absolutely shocked by what they have seen."

After the murder of 12 staff at the Charlie Hebdo satirical magazine people gathered outside All Saints Church in Northampton for a peaceful vigil.

Northants Police also held a minute's silence.

Prescott: 'It was mayhem'

BY NICHOLAS BIEBER
nicholas.bieber@hpnorthants.co.uk

Former deputy Prime Minister John Prescott said he was left shocked by the conditions at Northampton General Hospital during a visit to see his ill sister.

Mr Prescott, who was a Labour MP for 40 years, visited the hospital earlier this month to see his ill sister Viv, 70, who was being treated after a heart attack.

Writing in the Sunday Mirror, Lord Prescott said he saw dozens of patients, many elderly, 'confused and frightened', on trolleys 'crammed in every direction'. He said he saw external doors flapped open every time a new patient was brought in, which was letting in cold.

He said: "As a politician, you get to hear about problems in the NHS, but I wasn't prepared for the shock of seeing all the beds in the corridors.

"I've seen elderly people waiting before but nothing like this. I saw anxiety in people's faces – the fear and anger that they are waiting and the uncertainty – and I realised the doctors and nurses have to deal with that every day.

"It wasn't just the A&E centre. They had spilled out into corridors where the nurses were getting on with treating patients."

Lord Prescott said as he left the hospital he kept thinking of 'one particular frail patient'.

He said: "It was an elderly lady. She was confused and was looking at me as she waited in the corridor asking, 'Why?' I came out saying we owe it to that face painted on my mind."

Lord Prescott's experience at the hospital comes at a time when the hospital is experiencing its busiest ever winter.

The hospital is now on 'red alert' as it struggles to cope with the surge of patients.

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LIGHTS OUT: Traffic lights have been switched off at St Peter's Way roundabout

'Let's leave roundabout lights switched off'

A senior county councillor is calling for a bold experiment to be carried out on St Peter's Way roundabout.

Cllr Brendan Glynane, leader of the Liberal Democrats on Northamptonshire County Council, wants the traffic lights to remain switched off.

Earlier this month the authority turned the signals off as new ones and cabling need to be installed.

While work is taking place, the roundabout will operate conventionally as opposed to a signal controlled junction.

Giveway road markings have been painted and lane restrictions are also in place.

Cllr Glynane said: "I think this is a real opportunity for an experiment.

"By that I mean do not switch the traffic lights back on.

"The traffic for whatever reason is flowing very well and if we turn them back on it will go back to how it was before.

"Why not take this opportunity to try something new.

"It is not as though this Conservative administration does not have a track record of turning out lights (street lights)."

This was a view backed up by one of the *Northants Herald & Post* Twitter followers; @MarkBDraper.

He tweeted us in response to last week's Editor's Letter about the St Peter's Way roundabout and said: "In my experience it's actually much better since they turned off the traffic lights.

"There's a lesson there for the future."

■ What do you think? Tweet us @NorthamptonUK, tell us on our Facebook page or email lawrence.john@hpnorthants.co.uk

Road repairs are 'buying your vote'

BY LAWRENCE JOHN
lawrence.john@hpnorthants.co.uk

The leader of the Labour group at Northamptonshire County Council has accused the Conservative-led authority of trying to buy people's votes ahead of the General Election.

Cllr John McGhee feels the roadworks in and around Northampton are being done all at once by the council to show electors it is doing something about the routes around the town.

He said: "With all these roadworks taking place at the same time I think the county council (Conservative administration) is trying to buy votes.

"Northampton is very busy at peak periods and all the roadworks are causing people a lot of problems.

"I think it is extremely difficult for motorists to get in and out of and around Northampton at peak periods.

"Motorists are having to leave home earlier to get into work and are being held up due to these roadworks.

"I think the programme of roadworks could have been managed better.

"I do think the main reason for getting all these roadworks done at once is to buy votes.

"In other words it wants to be seen to be doing things but what it is in fact doing is creating problems."

But Cllr McGhee believes this 'buying of votes' will back fire on the Conservatives when it comes to the elections.

He said: "Completing roadworks is very difficult in terms of keeping everyone happy.

"I do think a number of these projects are being brought forward to before the elections (General Election and borough and district councils) in May."

Cllr Paul Bell, (Conservative) responded to Cllr McGhee and said: "These roadworks have been planned for ages and Cllr McGhee knows that.

"They have to be done to help with the expansion of Northampton.

"We needed to get them done before areas like the new university campus are built.

"You have to get them done in one go before everything is built.

"It makes life much easier.

"You need to get the infrastructure done before the buildings and jobs."

YourVoice

Herald &Post

MUSTHAVE

Ballet shoes

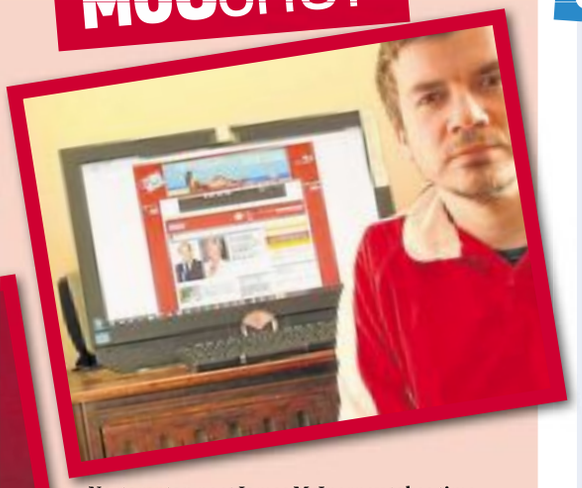
Amie Brotherton, the principal of Starlight Dance & Musical Theatre School Northampton, must have her ballet shoes.

The 28-year-old said: "I can't do without my ballet shoes because I teach every day.

"I'm always dancing, there is always a pair of ballet shoes in my handbag much to the amusement of my friends."

Herald &Post

MUGSHOT



Nortampton poet James McInerney takes time out of his busy day to read the *Northants Herald & Post* **online at www.northampton-news-hp.co.uk**

James, 37, who has written a debut book of poetry called In Between the Lines, recently had Hollywood use his work in a si-fi television show in the USA called Inner Dimension.

You can buy his book direct from Amazon and he is currently doing a number of book signings.

IT'S JANUARY, THE SEASON OF AWARDS

Victoria Buck

Victoria writes about being an actress in her new blog on our website

Undeniably a precarious, and unpredictable career. It isn't a safe choice and it isn't a quick money spinner.

Delusions aside, I am over the moon and dancing on clouds because after 10 years of hard slog, dedication, guts, tears, three different time zones and coming close to 87 just temporary jobs to pay one's rent, I am finally in something everyone and their mother has heard of.

Today the 72nd Golden Globe Awards take place, and a feature I am honoured to play a small role in is nominated in 4 categories. An Award ceremony, whereby, if you're in the room, you're a winner – whether you're holding a trophy or not.

People tend to get a dreamy eyed glaze when they ask me about my career – picturing a hot shot Hollywood lifestyle, 5* Hotels and jet set travel that leads to the most popular American Holiday destinations.

What they don't picture is this: the constant jet lag because your body never truly catches up with missed sleep, the, at times, overwhelming level of daily yes that's 'daily' rejection, the difficulty in maintaining long term relationships because you never stay put long enough in one city let alone one country and the fact that every second of every day you are on call, to your agent, to your director, to casting, to your publicist, to your lawyer, to learning whatever lines you need to - in whatever time frame you have to, and that most days, in reality, it's not champagne cocktails by the heated the pool that keep you going – its adrenaline.

An instinctive, creative, straight from the gut, motivation innate to All Artists.

January for the Artist predominantly focuses on Award ceremonies and the build up to Pilot Season Kick Off in February.

See more online.

You can submit blogs or articles to us at any time via the Get Involved tab on our website

YourLetters

The Al-Anon family group helped me to cope with husband's drink problem

For many families the festive season will have been a very difficult time, particularly if they are trying to cope with someone close to them who has a serious drinking problem.

Alcohol will have been flowing freely all around and it will have seemed socially acceptable for them to have drank to excess.

The knock on effect for the family though is often huge, financially, emotionally and sometimes physically.

Christmas in my home for many years used to fill me with dread, the build up was always stressful and the actual day was always ruined either because of my husband's excessive drinking or me having to cope with him trying to get through the day without any.

Having had one Christmas too many to cope with I finally decided I needed help.

I contacted the Al-Anon Family Groups helpline who suggested I would find support and understanding at one of their weekly meetings.

I'll be forever grateful I made the decision to go, because what I found in the meetings was a great comfort, just knowing I wasn't alone in my struggle, that there were others who had had similar experiences to my own and that after only a few meetings I began to feel more hopeful about the future, whether he chose to drink or not. Al-Anon provides a safe place for anyone to talk confidentially about what it's like living, or having lived with a problem drinker.

There is a strict code of anonymity - only first names are used.

There's no membership fees and it's self supporting.

Members just give voluntary contributions to cover the room hire/ refreshment.

There are meetings available in Northampton and many more in the surrounding areas.

The helpline (020 7403 0888) is manned by members from 10am-10pm every day of the year and you can visit www.al-anon-uk.org.uk.

Thankfully my husband found the help he needed in Al-Anon and he hasn't picked up a drink for years now. I would urge anyone who is struggling to cope to seek help for themselves.

Name and address supplied

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Travel top of agenda

BY LAWRENCE JOHN
lawrence.john@hpnorthants.co.uk

The Secretary of State for Transport embarked on a whistle-stop tour of Northamptonshire this week.

Patrick McLoughlin MP started his Monday in the county by visiting the new £20m railway station in Northampton.

The minister then went to the Chowns Mill Roundabout, near Higham Ferrers, as a guest of Wellingborough & Rushden MP Peter Bone and Tom Pursglove, the Conservative Parliamentary Candidate for Corby and East Northamptonshire.

Mr McLoughlin said: "Coming to Northamptonshire showed me there is a huge amount going on.

"The new station and the improvements planned for the roundabout are all about helping people get around and get to work.

"I was delighted to come to East Northamptonshire and the Chowns Mill Roundabout.

"I wanted to demonstrate the government's commitment to carrying out the much-needed improvements at this roundabout which will improve traffic flows on both the A45 and the A6."

VISITING: Secretary of State for Transport, Patrick McLoughlin MP

Mr Bone said: "This visit (to Chowns Mill Roundabout) is to demonstrate the government's commitment to the project.

"If the secretary of state had not come here then this major improvement would not be happening.

"I have been campaigning for 10 years for this work."

■ Turn to pages 14&15 for more on the new station.

AIR AMBULANCE MISSION REPORT

Monday
Fall from height

Tuesday
Medical collapse

Wednesday
RTC - Car
Medical collapse

Thursday
Fall
Fall
RTC - Pedestrian
Medical collapse

Friday
RTC - Car

Saturday
Equestrian
Medical collapse
RTC - Pedestrian

Sunday
Equestrian
Fall
RTC -Motorcyclist

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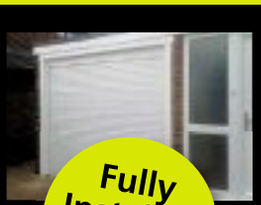

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CLOSED: Weston Favell Centre's public footbridge is being repaired

Bridge to close for five months

Work on giving Weston Favell Shopping Centre a major facelift is set to get started this month.

The £4 million redevelopment project will see a re-brand of the centre, new entrances and exits, a new feature square on the lower mall, improved signage and decoration works to the external facade and pedestrian walkways.

As part of the works the Standens Barn bridge will also be refurbished with work on that set to begin at the end of this month. It will see the bridge closed for up to five months and means it will be inaccessible to the public.

Centre manager Kevin Legg said: "We appreciate that this may be an inconvenience to shoppers who use this entrance to the centre.

"We have taken measures and independently funded the creation of a further pedestrian crossing to aid our customers' journey into the centre whilst works are ongoing."

Inquest told of 999 delay

BY LAWRENCE JOHN
lawrence.john@hpnorthants.co.uk

A coroner has called for a special report from Northants Police into why there was a delay in them responding to a road traffic collision in which an 82-year-old died.

Anne Pember requested the investigation at Kettering Magistrates' Court during the resumed inquest of George Butler, from Thrapston, who was killed when his silver Toyota Yaris came off the A45 at the Skew Bridge turn.

Mrs Pember was keen to stress the time it took for police to respond was not a cause in Mr Butler's death but said it could be in another case which could be vital.

She added: "This is why I wanted it brought to attention."

Giving evidence, Inspector Simon Hankins said he had reviewed the case and all the information surrounding how the emergency was handled.

The inquest heard the call handler tried to put the location into the system which the police use but it was struggling to find the exact spot from the details given. This was key to the slow response by police and an officer was also not told the incident was an emergency.

No other vehicle was involved in the collision which resulted in Mr Butler's death.

In her evidence, which was read out by the coroner, Mr Butler's daughter Kerry Dempsey described her father as 'one in a million'.

She said: "I feel sad I never got to say goodbye.

"He was one in a million but I am left with good memories in my heart."

PC Cliff Wilkins, forensic collision investigator for Northamptonshire Police who gave evidence for his colleague PC Gallon, who investigated the crash, said Mr Butler could have been more tired than he thought as he'd had pneumonia.

He said: "That might explain why he was not his usual self.

"He failed to judge his speed coming into the roundabout, steered right and was unable to control the car and left the road."

The coroner recorded a verdict of accidental death.

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New railway station

BY NICHOLAS BIEBER
nicholas.bieber@hpnorthants.co.uk

Northampton's new railway station is finally up and running.

After months of delays, the £20 million building opened at 4am on Monday.

Several passengers walked through the doors for the 4.15am train to London Euston which left in the same fashion as the facility arrived - late.

But still, the slightly delayed train departed smoothly and the station's opening went the same way as it welcomed hundreds of passengers through the day.

The opening was marked later on in the morning by transport secretary Patrick McLoughlin, who unveiled a plaque.

After touring the premises, he said: "I'm very impressed with the new station. I think it's a huge addition to the town, it's going to be very important indeed.

"It already has in excess of 2.8 million passengers each year and with a station like this it is bound to become more and more popular.

"We are investing a huge amount into the rail system. We have gone through a period of not investing enough money into our railways, but now we are doing so.

"We are investing £38.5 billion in the next five years in the existing railway networks like this station in Northampton and also ones like Birmingham New Street which is a very dilapidated station and is in desperate need of improvements. We are now giving the station the improvements it needs and we are doing this up and down the country. Also, we are putting more trains on the lines as well, so I hope people see the real benefits.

"This station, along with the improvements to roads in the county, is going to help lift the town's popularity and make it more important. It is going to get the town more investments and jobs and will provide a long term benefit for the economy and the people of Northampton."

The station didn't only receive a big thumbs up from the rail boss, but also the passengers.

Among the commuters the *H&P* spoke to was Simon Hunt, 44, of Abington, who said: "It's very nice.

"It's clean, big and every-

THUMBS UP: Northampton South MP Brian Binley, Secretary of State for Transport Patrick McLoughlin MP and Northampton North MP Michael Ellis outside the station on opening day

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is on the right track

ALL ABOARD: Some of the first passengers set off on their journeys

thing seems very well organised.

"It's a massive difference to the old station. The old one was tatty, dingy, cold - it was horrible.

"This one offers a really nice gateway to the town and gives a nice impression, whereas the old one gave a poor impression."

The next stage of the project will be to demolish the old station and turn it into a multi-storey car park.

In the next few weeks, the new building will welcome a Starbucks, Coffee Republic, WHSmith and Enterprise car rental store.

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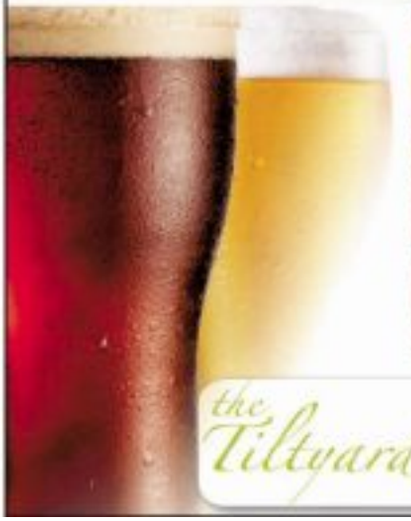

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FEEL GOOD FACTOR

Good living, getting out there and getting on with it in Northants

Win for The Bridge

The first ever Mental Health Festival was held at the Redwell Centre in Wellingborough. The Festival was in partnership with Northampton Town's Football in the Community programme. Six teams took part, coming from Wellingborough, Northampton and Peterborough.

The winning team was The Bridge team from Northampton who beat Peterborough on the golden goal rule in an exciting final. Cobblers players Evan Horwood and Daniel Alfei presented awards to all the players who took part.

There was a great response to the festival and the next one is planned for Easter. In the meantime there are Mental Health Football sessions every week at the following venues:

Monday, Redwell Centre Wellingborough 2.30 pm – 3.30pm

Tuesday, Daventry Leisure Centre 2pm to 3pm

Friday, The Racecourse in Northampton 11.30am to 1.00pm

You can just turn up and play, there is no need to book. For further details please contact Russell Lewis by email at russell.lewis@ntfc.tv

Mini-Cobblers sessions on

Saturday Morning 'Mini-Cobblers' is up and running again after the festive season.

The session is a weekly club run by fully qualified NTFC coaches, encouraging young children to take their first steps into football. Each sessions consists of fun, skills based games and matches for all abilities to promote a fun environment for children to learn new ideas and start to develop an understanding of the basics of Football.

Sessions run from 9:30am to 10:30am at Goals Soccer Centre, NN4 8BT for children of ages 2-11, with a cost of £4 per session.

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Now I can wheeze on land and water

H&P Editor Steve Scoles on his quest for fitness and health helped by Trilogy Gym

The gym work continues with Martin who is now putting together sets of 500 crunches for me to complete and pushing me to achieve more on the weight lifting.

The latest curve ball I have thrown him is arriving for sessions after having been in the pool getting coaching from instructor Barbara.

It says a lot for how much Martin has done for me that I can thrash about in the pool for the best part of an hour, dust myself down and then take another hour of gym punishment.

It also says a lot for the benefits of swimming as an exercise which gives you a proper workout but still leaves you capable of doing other things during the day.

This week in the pool I was introduced to the joy of flippers.

In order to practice the technical move known as 'going forwards' Barbara thought a bit of flipper assisted speed would help.

It felt like I had outboard motors attached to my heels while I attempted to coordinate breathing, arms strokes and blowing my breath out in a steady stream of bubbles underwater. Flippers are definitely a force for good.

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Like many publishers, we will be reviewing the way we distribute newspapers in 2015. The way in which people consume media is changing, and as a business we must reflect this. It has been necessary to examine our current traditional distribution method which is solely reliant on Door to Door.

From January, most of our distribution will remain door to door, but in certain areas we will be replacing some copies with free pick up at local supermarkets, including Tesco, Sainsbury's, Asda, Co-op, Morrisons and non-traditional outlets. This will enable people to pick up a copy at their convenience and has already proved a very popular method of getting our newspapers to the community in other areas. Quite rightly it has been pointed out that the historic door to door distribution can result in some wastage. By making them available where people spend their lives, someone picking up a copy voluntarily is clearly showing a desire to read the newspaper we produce. This is a much more convenient and targeted way of providing news, information and advertising to our audience.

We will be constantly reviewing this throughout January and looking at locations where we can drop some copies.

So if you know of a suitable location please tell us and we will put this forward for consideration.

Please contact distributionqueriesnorthampton@localworld.co.uk or call the Bedford reception on 01234 304 403

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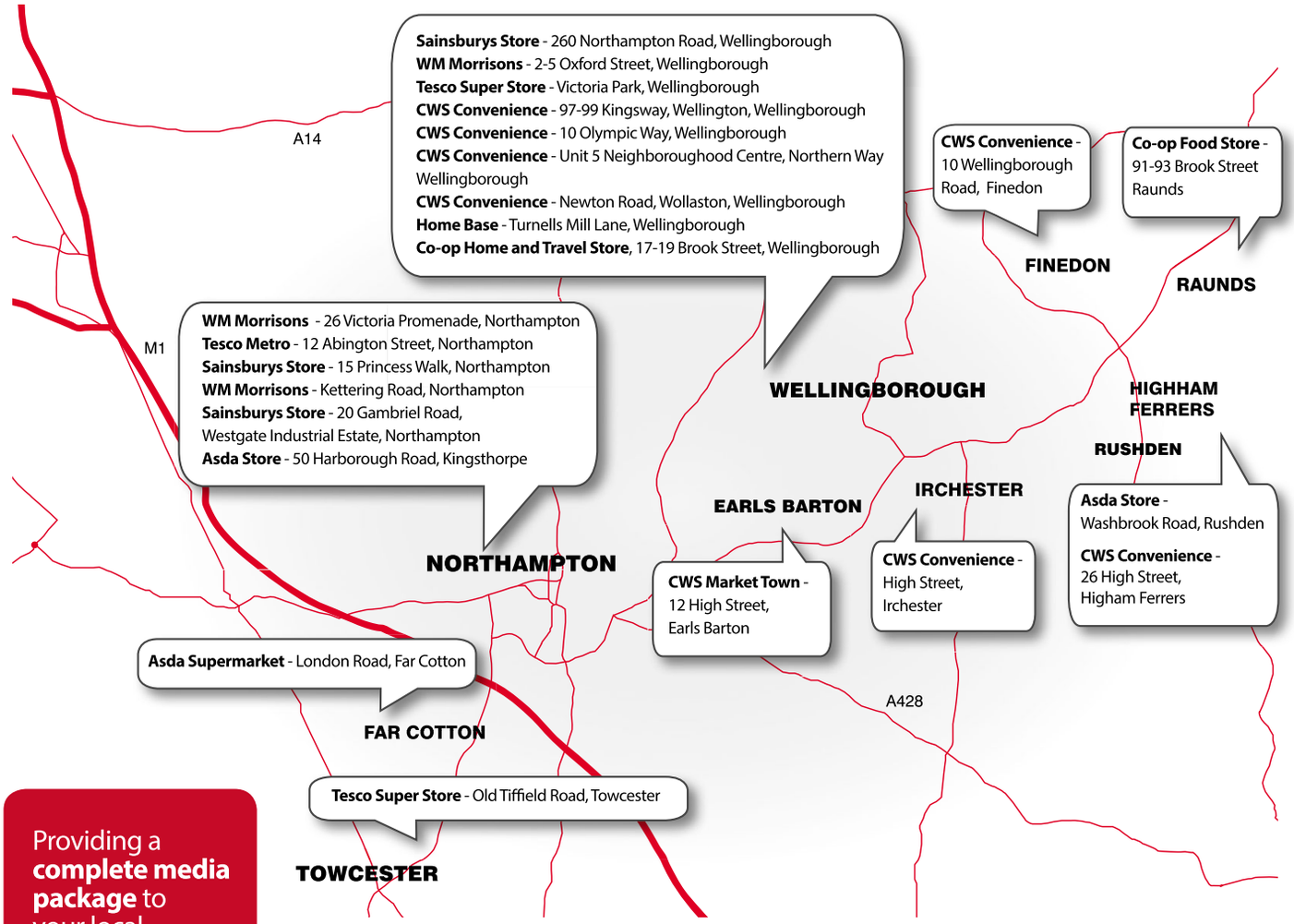

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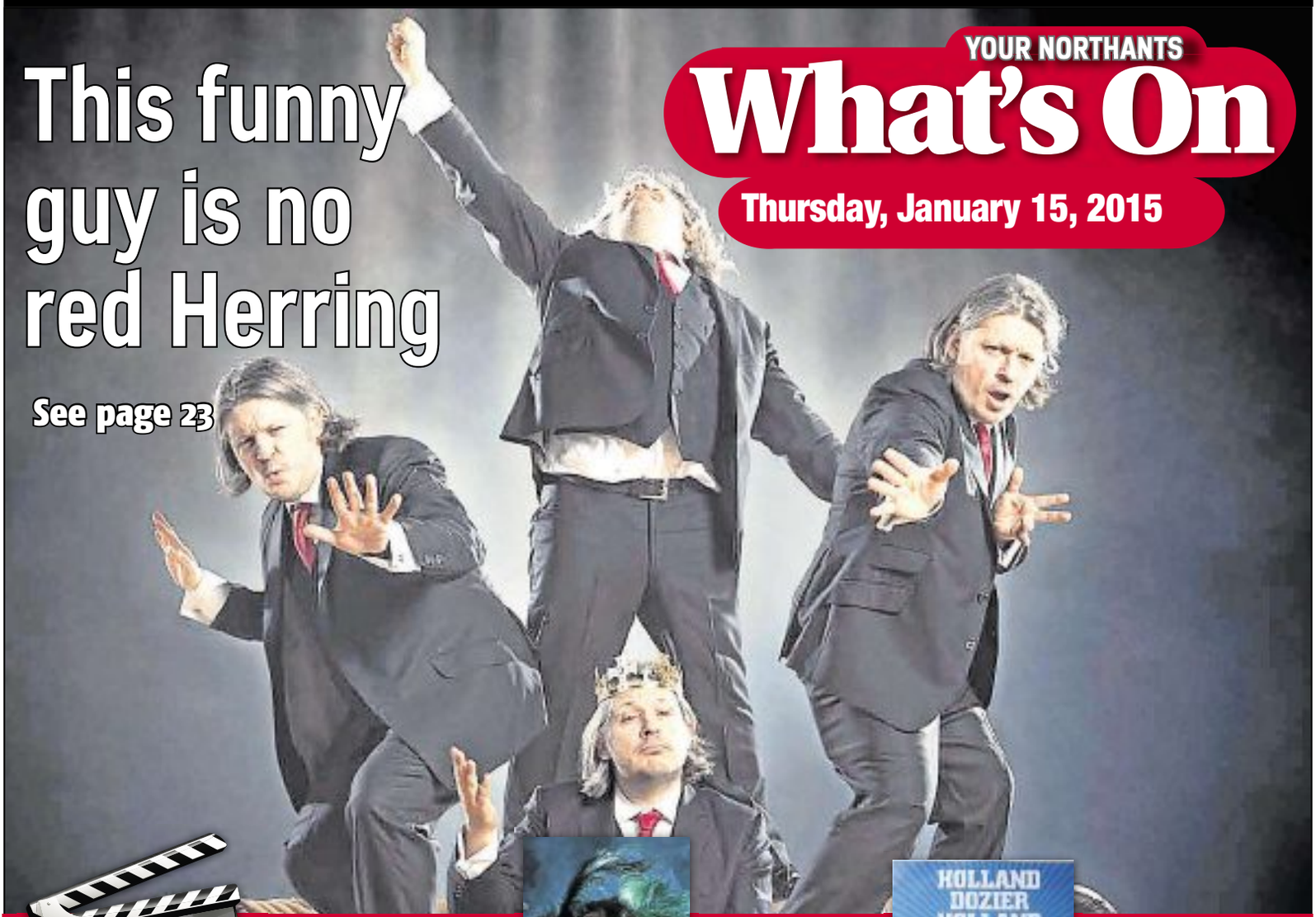
What's On

Thursday, January 15, 2015



This funny guy is no red Herring

See page 23

Action. . .See our film listings

See page 22

Life is a cabaret

See page 22

Review: I'll take my 45s rare

See page 24

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†World Forest Resources, 1953 and UN FAO Global Forest Resources Assessment, 2010

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WHAT'SONROUND-UP

Come to the cabaret for burlesque at its best. . .

BY LAWRENCE JOHN
lawrence.john@hpnorthants.co.uk

'Life is a cabaret' so the song goes and this glimpse into the world of burlesque will offer up a triumphant medley of tricks, titillation and tease.

Following its success in previous years, The Burlesque Show is returning to Northampton this week.

People can see this uproarious revue of razor-wit, contemporary cabaret and frisky burlesque which features the daring antics of scantily clad showgirls, the sultriest of sirens and the edgiest comic-cabaret masters.

The Burlesque Show is one of the most highly regarded productions of its kind in the UK.

It is a high energy showcase of fantastic song, dance, circus and very surprising skills which must be seen to be believed.

Audiences need to get ready for high camp comedy, risqué rapport and theatrical danger from artistes including International Queen of Burlesque Immodesty Blaize, celebrated comedy magician Peter Firman, musician Elliot Mason, aerial and physical performance artist Alexandra Hofgartner, ping pong juggling master Rod Laver and comic burlesque genius Miss Betty Blue-Eyes.

The show will take to the stage of Royal & Derngate tomorrow and Saturday at 7.45pm.

Tickets are £20 and are available by calling 01604 624811 or visiting www.royalandderngate.co.uk (a transaction fee of £2.80 applies to telephone and website bookings only).

The performance is recommended for ages 16 and above.

County's arts cinema listings this week

BY NICHOLAS BIEBER
nicholas.bieber@hpnorthants.co.uk

Here are the listings for Northamptonshire arts cinemas this week.

Errol Flynn Filmhouse

■ Charlie's Country
Blackfella Charlie is out of sorts. The intervention is making life more difficult on his remote community, what with the proper policing of whitefella laws now. So Charlie takes off, to live the old way, but in so doing sets off a chain of events in his life that has him return to his community chastened, and somewhat the wiser.
Thursday

■ The Theory of Everything *(pictured)*
A look at the relationship between famous physicist Stephen Hawking and his wife.
Friday-Wednesday

■ Met Opera Live: The Merry Widow
Saturday

To book tickets call 01604 624811

Lings Forum

■ The Hobbit: The Battle of the Five Armies
Bilbo and Company are forced to engage in a war against an array of combatants and keep the Lonely Mountain from falling into the hands of a rising darkness.
Friday-Tuesday

■ Alexander and the Terrible, Horrible, No Good, Very Bad Day
Alexander's day begins with gum stuck in his hair, followed by more calamities. Though he finds little sympathy from his family and begins to wonder if bad things only happen to him, his mom, dad, brother, and sister all find themselves living through their own terrible, horrible, no good, very bad day.
Saturday and Sunday

■ The Homesman
Wednesday

To book tickets call 01604 837300

WHAT'SONROUND-UP

Herring is a big fish in this silly comedy pond

BY LAWRENCE JOHN
lawrence.john@hpnorthants.co.uk

Richard Herring sits and waits. That is what he does, he waits.

What is he waiting for? As a lover of 21st century technology he cannot wait to be able to use a transporter - such as the type seen in the television series Star Trek.

He thinks it would be good for cutting down on the time it takes to get to your chosen holiday destination but not great for going to the supermarket as if you could be beamed everywhere you'd just get lazy.

This is one comedian who is never idle. The 47-year-old and his wife are about to welcome a new baby into the world next month and he is on the road with his latest comedy show, I Am The Lord of the Dance Settee.

Richard has also performed at nearly every Edinburgh Festival Fringe since 1987.

In the 1990s he was in a double act with Stewart Lee in BBC2 cult classics Fist of Fun and This Morning with Richard Not Judy.

More recently he has created a raft of Sony and Chortle Award winning podcasts like Richard Herring's Leicester Square Theatre Podcast. In I Am The Lord of the Dance Settee, he will be asking audiences to if they have ever considered the amazing power of the sombrero to eradicate all sadness?

Speaking about his own brand of comedy, Richard said: "It is not really up to me to define what my comedy is about. That is up to other people.

"I am still doing material which is clever and sharp and at the same time juvenile.

"But what I am trying to do is something which is different - be it about politics or religion. The show I am doing at the moment has less swearing than usual and is more story based.

"It is talking about things which have happened to me.

"My style has changed since I started writing comedy when I was about 15 years old and I am now 47.

"I think what I write has changed as I have changed. I write a weekly blog and a newspaper column.

"I did this as I felt it would spark ideas so when I had to write a show I would be ready. This did not really work out how I had planned it.

"It is nice though to go back and look at different things I have written from the past and tweak them and change them.

"What I am doing now is more observational.

"As a person I am someone who is always looking forward.

"I remember saying to Stewart Lee in the 1990s there would come a time when books would be available on a computer.

"He never liked that idea and said it would not happen as people loved reading books too much.

"I was convinced it would happen but never thought a device could hold hundreds of books at one time.

"What piece of technology am I waiting for? I want to be able to transport like they do in Star Trek. That would save so much time on long journeys.

Richard Herring takes to the Royal & Derngate stage on Monday, January 19 at 7.30pm.

Tickets cost £16 and can be booked by calling 01604 624811 or visiting www.royalandderngate.co.uk

This show is recommended for ages 16 and above.

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Our price includes

- Return coach travel and Channel crossings
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- On-board entertainment
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FRIDAY

Hayseed Dixie at Roadmender
American Appalachian band with a forte for converting classic rock tracks into bluegrass and appalachian hoe-downs. Tickets (£16) can be booked by calling 0845 474 4718. Doors open at 7pm.

SATURDAY

Northampton Town face Dagenham & Redbridge
The Cobblers are at home today playing Dag & Red in a League Two clash. Kick off at 3pm.

Greyhound racing at Towcester Racecourse
Enjoy a night of greyhound racing at Towcester Racecourse. The races take place from 7.40pm-10.40pm. It is free to attend.

SUNDAY

Northampton Saints face Ospreys
The Saints travel to Wales to face Ospreys in a European Champions Cup clash at the Liberty stadium. Kick-off is at 2pm.

Sing-a-long-a-Frozen at Royal & Derngate
A full screening of Disney's Frozen with lyrics on screen will help you sing along with Anna and Elsa during the film. Introduced by a live host who will show you how to use your free prop bag, warm up your singing voices and teach you some hand actions and heckles before you sit back and 'Let it Go'. You the audience are the stars as you interact with the film. There are two shows, one at 3pm and 6.30pm. Tickets (from £16) can be ordered online at www.royalandderngate.co.uk or you can call box office on 01604 624811.

Rare 45s are huge hit

The songs burst from the CD and into life with gusto and panache.
This 'Holland-Dozier-Holland: Rare 45s Box Set' is a treat waiting to be discovered.
The record features tracks from the likes of Chairmen of the Board, Barrino Brothers, Honey Cone and Eloise Laws, this is the first time ever that any of these records, versions or remixes have been released on vinyl.
Last year marked the 45th anniversary of Detroit based soul labels 'Invictus', 'Hot Wax' and 'Music Merchant' – the three record labels established by legendary songwriting team Edward Holland, Jr. Brian Holland and Lamont Dozier a.k.a Holland-Dozier-Holland - following their acrimonious split from Berry Gordy's Motown Empire in 1967.
The 'Holland-Dozier-Holland: Rare 45s Box Set', features 10x 7" vinyl records in bespoke 'Invictus', 'Hot Wax' and 'Music Merchant' sleeves, and also comes with a 7"x7" 20 page booklet

Herald&Post — Travel Offers

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- The services of a friendly and experienced tour manager

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- Entrances to Cregneash Folk Village, Grove House and the Laxey Wheel
- The services of a tour manager

*Book a selected 2015 coach holiday by 28 Feb 2015. Please quote code CCHSPEC. Offer may be withdrawn at any time. Price shown includes saving.

Majestic Fjords Cruise

Sailing from Tilbury on board MS Marco Polo
Departing Apr 2015
his unbeatable value cruise captures the very best of the beauty of stunning Western Norway, and includes visits to some breathtaking fjords as well as historic Bergen – all at a sensational price!

Our price includes
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- A superb programme of stylish entertainment
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- Afternoon tea and late night snacks
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- A wide range of on-board leisure facilities

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LOCAL WORLD THE BODY

Healthy Life Hacks

If you've already bombed out of your new year's resolutions, don't worry, everyone has. But living healthily doesn't always have to mean doing drastic things like abolishing chocolate from your cupboards (unthinkable) or enduring a dry January (January is bad enough thanks). Instead there are plenty of little things you can do which will be of great benefit. Take your pick from our top nine healthy life hacks and start feeling good straight away...

1 Drink Water

Oh never! Bleh, blah-blah water... you've heard this all before, but wait! Don't stop reading yet. Do you know why you should drink water? Our bodies are made up of around 60% water and around 37 trillion cells which are all constantly regenerating. The body you've got now, technically, isn't the body you were born with because, over the years, every cell has used the water you've drunk and replaced itself. If you don't drink anything, your body won't be able to renew itself as efficiently. The NHS recommends that you aim to drink eight to ten big glasses of water a day. How refreshing.

2 Take 10,000 daily steps

In a recent TLC documentary, My Fat Story, media personality Katie Hopkins advocated the benefits of simply 'moving' in order to stay fit. You don't have to join the gym, or go on a drastic diet to lose weight (says Katie). You just have to make sure that you're burning off more calories than you're eating. A good guide to follow is to take 10,000 steps a day. Walking around your house, taking the stairs or getting off your bus one stop early will all add up and you just need a pedometer to count your steps and some comfortable shoes.

3 10 minutes meditation

Meditation used to be just for bearded skinned monks on a misty distant hillside. But increasingly, we're all doing it in our living rooms. Or at least we wish we were doing it. Taking a few minutes each day to practise quietening your mind is reported to make people feel happier, healthier, more creative and less stressed. Some research has even found a 48% reduction in the chances of a regular meditator having a heart attack. Try downloading a meditation app like the one found at headspace.com (over a million downloads) and score out for ten peaceful minutes. Ommmmm.

4 Sit up Straight

Aside from making you look like a moody teenager ("Leave me alone, I HATE you"), a bad posture might also be negatively affecting your mental health. Behavioural scientists link. Paper conducted an experiment which showed that when a person sits up straight, they see more likely to think of something positive, or have a positive memory, as opposed to when a person walks slowly with a slumped posture, which is when they will be more likely to feel tired and lacklustre.

5 Frozen Vegetables

Just like the whole drinking water map, we already know we're supposed to be eating at least five portions of fruit and vegetables per day. But if we only get to the supermarket once a week, how on we supposed to have fresh vegetables in our fridge? Most likely we've got a few bendy carrots, a sad bag of salad that "still looks OK" and a tin of sweetcorn. However, you can buy a huge variety of frozen vegetables and fruit at the supermarket which is just as nutritious as fresh fruit and veg. Just freeze in time until you're ready for it. Stock up the freezer and you'll always have plenty of greens.

6 Lentils, Lentils, Lentils!

Sick of having potatoes every night? Bored with bread in your lunchbox? Then look no further as lovely lentils could be the answer to your healthy dinner woes. Lentils are tasty, low calorie and contain hardly any fat, but still somehow magically leave you feeling full and satisfied. They are also proven to help lower cholesterol and keep your heart ticking over nicely. They're a great source of fibre (for your digestion) and protein (for your cells) and the best bit is that supermarkets sell packets of prepared lentils, already cooked in a variety of tasty ways so that all you've got to do is open the pouch.

7 Breaking the habit

Each evening, lots of us unwittingly exceed the recommended alcohol limit by habitually reaching for one glass a day, or one pint of beer and, realistically, this isn't happening in many houses. 'Fancy a top up dear?' with something else, for example, if you're always tempted to have a glass of wine at 6pm, try dropping the contents of your briefcase down the stairs. It will take you an hour to pick everything up and by 7pm the urge to drink alcohol may well have passed by.

8 If the shoe doesn't fit....

Ladies (and gents too) will all have had the painful experience of wearing shoes that pinch, rub, cause blisters and generally make you want to throw them off in the street and scream at them. Plus 80% of recreational users never are wearing the wrong shoes for the sport they're playing. Never mind about fashion. It's foot comfort and support that matters most. Do you really want to end up aged 99 and hobbling around on a matched up foot. Sort like two pepper-tips?

9 Wake up fresh

It's recommended that you sleep at least five hours a night. Any less and things will start getting a bit funky (moodiness, falling over, hallucinations ("Did I just see Elvis in the Co-op?" sort). Give yourself a helping hand waking up in the morning too by sleeping with the curtains open. Then when the sun rises, and your brain senses the light, it will begin producing adrenaline instead of melatonin and help you start waking up before your alarm goes off. For the dark winter mornings, invest in a lightbox to simulate inspiring sunlight instead.

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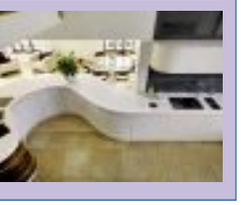
www.mindfulness.com



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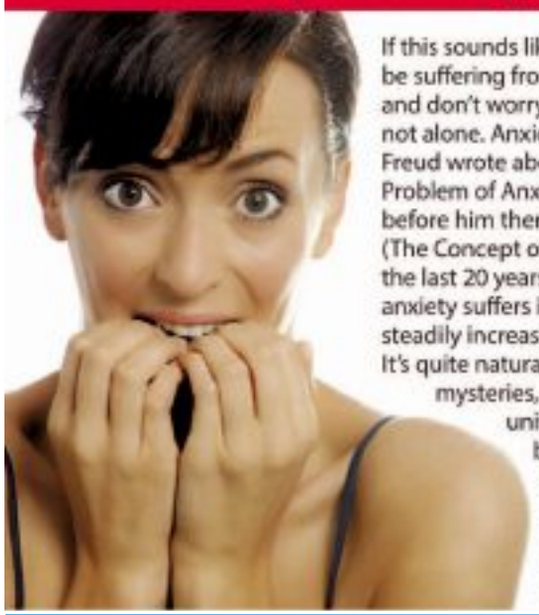
Coping with Anxiety

Your heart races, you can't sleep, you're always worrying and you feel an impending sense of dread.



If this sounds like you then you could be suffering from an anxiety disorder and don't worry (yeah right) you're not alone. Anxiety is nothing new. Freud wrote about it in 1936 (The Problem of Anxiety) and 80 years before him there was Kierkegaard (The Concept of Anxiety), but over the last 20 years the number of anxiety suffers in Britain has been steadily increasing.

It's quite natural to ponder life's mysteries, our place in the universe, our reason for being here and to feel somewhat anxious about impending and certain death speeding towards us from an unknowable point in the future. Gulp. It's also normal to feel rattled by the busyness of modern life. The noise, the pressure, the technology and the relentless treadmill can naturally make anyone feel blue, but a real anxiety disorder takes this all a step further and, for the sufferer, makes daily life very difficult.

Generalised Anxiety Disorder (GAD) is a clinical condition which causes chronic worrying, tension and nervousness. Sufferers will find themselves locked into thought patterns, constantly repeated, which cause them to feel fearful and worried for no real reason. It's highly unpleasant but, the good news, it's highly treatable.

If you're suffering with anxiety, what can you do?

Face your fear

Don't suffer in silence. What you're worrying about might be greatly diminished if you say it out loud, so talk to someone about how you're feeling. Or, if you prefer, try writing your feelings down. Ask, "Is the scenario I'm worrying about really likely to happen?" or "Where's the evidence for it?"

Relax

This sounds very obvious (and impossible) to an anxious person but feeling relaxed is achievable for anyone with a bit of practice. Deep breathing, meditation, mindfulness and giving yourself some planned time off from the worries will begin to feel more natural if you try every day.

Be nice to yourself

Healthy eating, exercise, no smoking, cutting down on caffeine and alcohol and

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making yourself do things like going for a walk will be of great benefit in reducing your anxiety. You might not feel like doing any of this at first, but it will all help to distract you and again, with practice, will have a lasting and positive effect.

Seek help

If you're struggling to get started on the road to recovery then support is on offer from your GP or a counsellor.

How can I help someone suffering with anxiety?

If your spouse or someone you know is suffering with GAD you might feel resentful or sad that things haven't turned out how you expected. You might even feel angry with your loved one for not being able to just snap out of it and these are all normal reactions with which you also need support.

Lend an ear

Let your loved one know that you're always available if they want to talk. And if they just repeat the same thing over and over again try not to pass judgement but encourage them to see things in new ways.

Be patient

It's natural to feel frustrated with someone who seems to be indulging their anxieties but remember that it's a clinical condition and it's not their fault. Try to encourage them to take small steps towards reducing their anxieties and don't expect a quick turnaround.

Look after number one

Don't let their condition affect you too. Try to continue with your routines and arrangements as much as you can as this will help set a good example for your loved one and will also help you to stay sane.

Accentuate the positive

Try to avoid bringing up the subject of anxiety unless they initiate it first. For example, don't repeatedly ask, "How are you feeling?" Positively reinforce healthy behaviour and try to help fill their time with positive things.

Somebody to lean on

Make sure you have a support network of people to talk to so that you can stay strong for your loved one. If you can't turn to family or friends then professional help is available. For more information visit: anxietyuk.org.uk.

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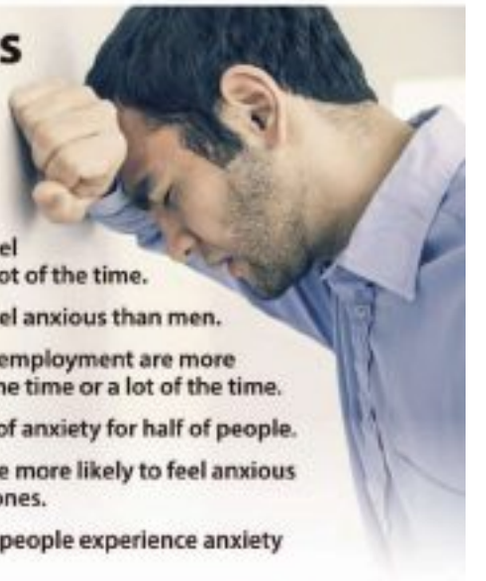
Anxiety Facts



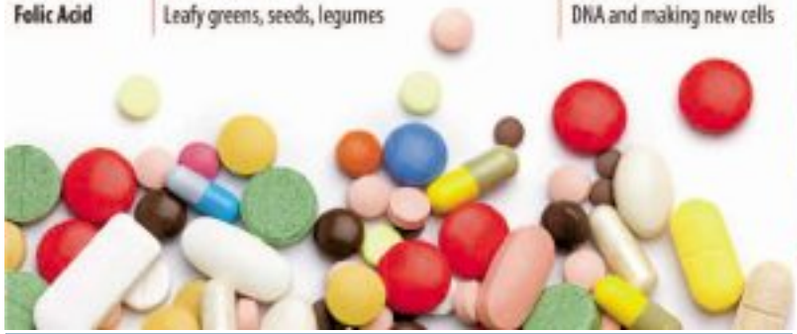
(Lifted from http://www.mentalhealth.org.uk/help-information/mental-health-statistics/anxiety-statistics/)

- Almost one in five people feel anxious all of the time or a lot of the time.
- Women are more likely to feel anxious than men.
- Students and people not in employment are more likely to feel anxious all of the time or a lot of the time.
- Financial issues are a cause of anxiety for half of people.
- Women and older people are more likely to feel anxious about the welfare of loved ones.
- Four in every ten employed people experience anxiety about their work.
- Around a fifth of people who are anxious have a fear of unemployment.
- Younger people are much more likely to feel anxious about personal relationships.
- Older people are more likely to be anxious about growing old, the death of a loved one and their own death.
- One-fifth of people who have experienced anxiety do nothing to cope with it.

THE BODY LOCAL WORLD

How well do you know your vitamins?

Vitamin	Where is it?	What's it for?
A	Milk, cheese, leafy dark green vegetables	Vision, skin, bones and teeth
B1 (Thiamine)	Pork, bread, nuts	Nerve function
B2 (Riboflavin)	Milk, leafy greens, bread	Metabolism
B3 (Niacin)	Poultry, mushrooms, asparagus	Digestion
B6 (Pyridoxine)	Meat, fish, fruit	Red blood cells
B12 (Cobalamin)	Seafood, eggs, milk	Making new cells
C	Fruit, especially cirtus. Cabbage, strawberries, kiwi	Antioxidant, immune system
D	Egg yolk, liver, fatty fish, sunlight	Bones
E	Plant oils	Protects cell walls
K	Cabbage, milk	Blood clotting
Folic Acid	Leafy greens, seeds, legumes	DNA and making new cells



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PROPERTY NEWS

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Feature Homes – page 2

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Northampton £300,000

Your Move 01604 217222

Within walking distance of Abington Park is this beautifully presented four bedroom extended detached family home situated in Abington Vale.

The ample living space includes a large lounge/dining room and spacious kitchen/breakfast room that enjoys views over the well maintained rear garden. The property has been completely refurbished throughout to a high standard including a refitted kitchen, en-suite and family bathroom. There's also a study and cloakroom to the ground floor.

Contacting your local agent

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YOUR MOVE HOBIN ROBERTS
BRIDGE STREET,
NORTHAMPTON
01604 633272

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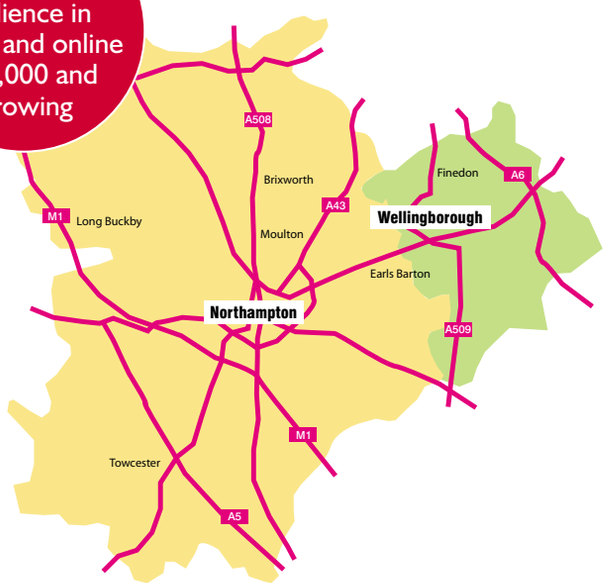

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FEATUREHOMES

Queens Park £255,000

This four bedroom semi-detached family home offers spacious accommodation throughout for the larger family and boasts a substantial rear garden.
The property itself would lend itself to be made larger in the future subject to relevant planning consent.

James Anthony
01604 750228

St James £154,995

A well-proportioned bay fronted mid terrace residence. The property would make an ideal family home and comprises: entrance hall, lounge, dining room, family room, kitchen/diner, and WC to the ground floor. An early viewing is recommended.

Jackson Grundy
01604 633122

Welcome. . .

What's the first thing you should do when you want to move? Sit down.
It sounds like I'm talking in riddles but it's really very simple. Sit down with your Herald and Post property supplement and see what's out there.
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Good luck with your search, you're starting in the right place...

Warm regards,
Alan Doyle

Published by Northampton Herald & Post. Contact us on 07890 562238 or by email us at alan.doyle@hpnorthants.co.uk

Duston £122,500

A three bedroom family home located in the popular area of Duston.
The well proportioned accommodation briefly comprises entrance hall, lounge, kitchen/dining room, rear porch, first floor landing, three bedrooms and a bathroom with separate W.C.
The property further benefits from having been recently re-wired and has UPVC double glazing, gas radiator central heating and gardens to front and rear.

Millers
01604 239999

Collingtree - £275,000

Situated within the heart of this most sought after village is this recently constructed stone built property offering generous family accommodation situated over three floors. The property is finished to a high specification with good quality fittings throughout some of which include bespoke double glazed windows with sash windows to the front elevations, fully fitted kitchen and fully tiled bathroom. Further benefits include gas radiator central heating and secure private parking. An internal inspection is highly recommended.

Merrys
01604 767400

FEATUREHOMES

Kingsthorpe £179,995

An extremely well presented double bay fronted Victorian property which has been sympathetically restored by the current owners.

The accommodation comprises entrance hall, lounge, dining room, breakfast room/study, refitted kitchen with built in appliances and cloakroom.

Upstairs are three double bedrooms and a refitted bathroom. The property benefits from gas combination boiler central heating and UPVC double glazing,

Jackson Grundy
01604 722197

Little Billing £499,995

Situated in the heart of Little Billing Village is this well-proportioned 17th century stone under thatch cottage that has undergone a full refurbishment programme by the current owners. The property was formally two individual cottages that have been merged, remodelled and extended in the 1930s and 60s to create this wonderful family home. As you enter the property the entrance porch has a stone plaque with the date 1620.

Your Move
01604 633272

Cransley Village £375,000

Great cottage-great value-great Cransley. Dating to the early 20th century, and set on a substantial plot in the conservation area of this popular village, No.1 has been improved and updated in so many ways, yet maintains that essential 'feel' which is so important to a period property. A handsome red brick cottage with a welcoming reception hall/dining area, sociable sitting room, superb kitchen/breakfast/family 'combo', ground floor 3-piece shower room, 3 double bedrooms, generous house bathroom, all surrounded by mature private gardens on a plot of c.1/3 acre plus gravel driveway and a huge timber garage/workshop. No onward chain - so call Winkworth for the full story.

Winkworth
01604 824854

Cold Ashby £275,000

A really lovely and much improved two/three bedroom detached cottage with parking and gardens plus character features including ceiling beams, log burner, Rayburn and freestanding slipper bath.
The property has a porch, lounge, dining room, kitchen, utility room plus a ground floor bedroom/office. On the first floor there are two double bedrooms and a bathroom.
Outside, behind double gates, are parking spaces for two/three cars plus gardens to the front and side.
There is double glazing and radiator heating.

Jackson Grundy
01327 842093

James Anthony
ESTATE AGENTS

Dragonfly Meadow **£389,995**

James Anthony estate agents are pleased to offer for sale this brand new, stunning, double fronted traditional five bedroom detached family home with excellent links to junction 15a of the M1. With living room, study, cloakroom and fantastic open plan kitchen dining room to the ground floor, master bedroom with en-suite and dressing area, two further bedrooms and family bathroom to the first floor and a further two double bedrooms and shower room to the second floor.

Dragonfly Meadow **£284,995**

A Brand New 'Taylor Wimpey' built four bedroom detached family home. This particular plot 'THE KENTDALE' is on a corner plot and is available to buy now. It includes dual aspect living room, an open plan kitchen/dining room, utility area and cloakroom to the ground floor. To the first floor are four bedrooms with the master having en-suite shower room and the family bathroom. Externally are gardens to three sides and a driveway leading to a single detached garage. Call now for your viewing.

Buckingham Fields **£219,995**

We are delighted to offer for sale this deceptively spacious three bedroom detached bungalow within this popular modern development of Buckingham Fields. The property comprises of entrance hall, kitchen, living room, conservatory, three bedrooms with the master benefitting from en-suite shower room and the family bathroom. There is an additional room which used to be the single garage which would suit many uses. An internal viewing is highly advised.

Dragonfly Meadow **£236,995**

We are pleased to offer this lovely three storey family home. Built to the 'Crofton' design the ground floor comprises of entrance hall, lounge/diner, kitchen and downstairs WC. To the first floor lay two bedrooms and the family bathroom with the master bedroom on the second floor benefitting from a en-suite. An enclosed, private garden to the rear with a driveway leading to the single garage. Call our team NOW for more information.

Hunsbury Meadows **£190,000**

James Anthony Estate Agents are delighted to offer for sale this well presented and maintained three bedroom family home within the popular area of Hunsbury Meadows. The accommodation briefly comprises of entrance porch, living room and kitchen dining room to the ground floor. To the first floor lay three bedrooms and the family bathroom. Externally are front and rear gardens and an integral single garage. Viewing is highly advised.

Chapel Brampton **£160,000**

James Anthony are pleased to offer for sale this extremely well maintained and quality two bedroom ground floor apartment in this sought after over 55's development. The apartment offers quality fittings throughout and is disabled access friendly. The development offers a range of facilities and offers a great lifestyle. Give us a call today for more information or to arrange your viewing.

Albion Court **£82,995**

James Anthony are pleased to offer to the market this larger than average one bedroom retirement apartment within this popular over 55's retirement development within the cultural quarter of Northampton Town Centre. There are only a few apartments with this layout within the development which is a very popular design. Call our team for further information.

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Upton Hall Lane, Upton £395,000

UPTON UTOPIA - PERFECTION IN BRICK. That rare blend of flexible accommodation, semi-rural location, parkland views, larger-than-average garden, driveway & garage, and all in 'show home' condition. Simply a great opportunity to create a living/sleeping combination to suit your lifestyle. EPC Rating B.

Penfold Lane, Great Billing £350,000

BEAUTIFUL & BACK ON MARKET! Stunning - and immediately available! A spacious property in tip top condition, with great accommodation, 3 bed / 2 bath, awesome conservatory, beautiful gardens, single garage, peace & quiet, and with NO ONWARD CHAIN, why not view? EPC Rating D

Manderville Close, Spinney Hill £342,500

MAGNIFICENT on MANDERVILLE. Launch imminent - but why not register now? Stunning 4 bed/3 bath townhouse ++. EPC Rating C.

St Peters Gardens, Northampton £325,000

TRY A CONVERSION. An awesome 4/5 bedroom home set over 3 floors and with more space than NASA! As new throughout, with huge kitchen / breakfast / dining / living / whatever room. Full internal required. Parking option, and scope to create alternative room use to suit. PS. Quiet location & church views. EPC Rating C.

Roe Road, Abington £179,995

LOOK - SWEET CONVERSION - A DELICIOUS DUPLEX. Tasteful transformation of former sweet factory to create a stunning 2 bedroom duplex penthouse. Bon - tres bon! NO CHAIN. WINKWORTH has the full story. EPC Rating C.

St. Edmunds Street, Northampton £125,000

ST EDMUND WOULD BE PROUD - AND SO WILL YOU AS THE NEW OWNER. Superb 2 bed purpose built ground floor apartment in a small development with private parking and communal gardens. NB: NO CHAIN, & OPTION TO BUY FURNISHED. EPC Rating D.

Farndon Close, Watermeadow £98,500

GET STARTED - GET FARNDON. Great opportunity to secure your first home. 1 bedroom, 1 bathroom, 1 reception. Register your interest today as these houses rarely come to market. EPC Rating E

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GREAT DODDINGTON EPC: D **£289,995**

A spacious three storey four bedroom semi-detached town house set in a quiet cul-de-sac in this desirable village. Comprises entrance hall, lounge, dining room, kitchen/breakfast room and downstairs WC. To the first floor there are two double bedrooms and a good size family bathroom. On the top floor is the master bedroom and en-suite and a further double bedroom. Outside are front and rear gardens, driveway and garage. The property benefits from gas radiator central heating and UPVC double glazing. No chain.

Earls Barton T: 01604 810933

ABINGTON VALE EPC: C **£164,995**

Jackson Grundy are delighted to offer this two bedroom bungalow in a highly regarded area of Northampton to the market. Situated in Abington Vale, this bungalow benefits from double glazing, gas central heating, fitted kitchen and bathroom, gardens to front and rear and off, parking for four to five cars and a brick built garage.

Abington T: 01604 231111

THE MOUNTS EPC: C **£134,995**

A Victorian style terrace house, offering no onward chain. The accommodation comprises entrance hall, lounge with squared arch to the dining room, kitchen, lean-to and downstairs bathroom. Upstairs there are three bedrooms and a upstairs WC. Outside to the rear is an enclosed courtyard style garden. Additional features include gas radiator central heating with a Vaillant boiler, double glazed windows (where specified) and no onward chain.

Northampton T: 01604 633122

MOULTON EPC: . **£233,000**

A most spacious detached house situated in a cul-de-sac. The property further benefits from UPVC double glazing and gas radiator heating. Comprises lounge, dining room, kitchen and w.c. and to the first floor there are three bedrooms (formerly four bedrooms, one of which has been incorporated into a new luxury bathroom. There is a front garden with double gates leading on to the driveway giving access to the detached garage which benefits from a rear utility section. There is also an enclosed rear garden.

Moulton T: 01604 494600

COLD ASHBY EPC: F **£275,000**

A really lovely and much improved two/three bedroom detached cottage with parking and gardens plus character features including ceiling beams, log burner, Rayburn and freestanding slipper bath. The property has a porch, lounge, dining room, kitchen, utility room plus a ground floor bedroom/office. On the first floor there are two double bedrooms and a bathroom. Outside, behind double gates are parking spaces for two/three cars plus there are gardens to the front and side. There is double glazing and radiator heating.

Long Buckby T: 01327 842093

ROADE EPC: D **£245,000**

A well proportioned detached bungalow situated on a generous plot in the popular village of Roade. The property is in need of modernisation and comprises: entrance hall, three bedrooms, bathroom, lounge/diner, kitchen and lean to. To the rear there is a lawned garden and the front offers off road parking with iron gate access. The bungalow further benefits from gas central heating and UPVC double glazed doors and windows (where specified).

Roade T: 01604 862442

KINGSTHORPE EPC: D **£184,995**

An immaculately presented three/four bedroom chalet style property. Benefits include refitted kitchen, refitted bathroom and a landscaped rear garden including an artificial lawn. Comprises entrance hall, lounge/dining room, kitchen/breakfast room, bedroom four/playroom and a side passage. On the first floor there are three further bedrooms and a recently refitted family bathroom. Outside is a landscaped rear garden, open plan front garden and off road parking. Further benefits include gas radiator heating and UPVC double glazing (where specified).

Kingsthorpe T: 01604 722197

DUSTON VILLAGE EPC: . **£154,995**

A pleasantly situated two bedroom bungalow set on the desirable over 55's Pond Farm Development. The property benefits from new carpets, gas radiator heating, wet room refitted in 2013, kitchen with fridge/freezer and washing machine and a lounge/dining room. In brief the property comprises entrance hall, lounge/dining room, kitchen, two bedrooms, kitchen, wet room and communal car park area access via Meeting Lane. Early viewing is advised.

Duston T: 01604 755757

LAKEVIEW EPC: D **£146,995**

This middle terraced property is offered for sale in good decorative order throughout and is situated in the popular Boothville area. The accommodation comprises hallway lounge, kitchen/diner, rear lobby and WC to the ground floor, whilst upstairs are three sizeable bedrooms (formerly four bedrooms), bathroom and further WC. Further benefits include gas fired central heating, UPVC double glazing, low maintenance garden and a single garage With spacious rooms and excellent storage this practical family home is a definite must see.

Kingsley T: 01604 715000

BLACKTHORN EPC: C **£114,995**

A two bedroom terrace property offered for sale with no onward chain. The accommodation comprises: porch, lounge and kitchen/diner, first floor landing to two bedrooms and bathroom. Outside are front and rear gardens with off road parking for two cars. Additional benefits include gas radiator central heating and double glazing (where specified). In the valuers opinion this property would be an ideal investment or first time buy.

Weston Favell T: 01604 784990

modern marketing · traditional values

DUSTON EPC: D **£174,995**

A traditionally built 1950's style bay fronted and extended, semi-detached house with a garage. The property has been well maintained by the current owner and some of the many features include gas radiator central heating, double glazed windows and doors (where specified), recently fitted Howdens kitchen and extended lounge/dining room. The accommodation comprises entrance porch, hall, bay fronted family room, extended lounge/dining room, kitchen, lean-to, conservatory, landing with doors to three bedrooms and bathroom.

Duston T: 01604 755757

KINGSLEY EPC: C **£169,995**

Jackson Grundy are delighted to offer for sale this mature terraced home situated in the ever popular Kingsley area. In brief, the accommodation comprises porch, hall, lounge, dining room, extended kitchen and double glazed glass roof conservatory to the ground floor, whilst upstairs are three bedrooms and a shower room. Externally there is an enclosed front garden and a good sized rear garden with a double garage at the rear of the property accessed via a service road. Further benefits include double glazed windows and gas central heating.

Kingsley T: 01604 715000

KINGSTHORPE VILLAGE EPC: E **£165,000**

A three bedroom semi detached property located in Kingsthorpe Village. The property has a large area to the side which measures approximately 18ft in width and in our opinion offers the potential for extension subject to planning consents. Comprises entrance hall, lounge and open plan dining room, kitchen, cloakroom, three bedrooms and a family bathroom. Benefits include double glazing (where specified), electric heating, gardens to the front, side and rear and a large driveway providing off road parking for numerous vehicles.

Kingsthorpe T: 01604 722197

WOOTTON EPC: D **£269,995**

A well-presented three bedroom detached family homewith integral garage, situated in the popular village of Wootton, the property comprises porch, entrance hall, WC, lounge, dining room, kitchen/dining room. To the first floor there is a bathroom and three bedrooms. Outside to the rear is a well-tended split level garden, and to the front of the property is a block paved driveway for at least two cars the property further benefits from recently refitted UPVC windows and doors where specified and a gas combination boiler.

Northampton T: 01604 633122

MOULTON EPC: D **£169,950**

A nicely positioned semi detached bungalow which has been extended to provide a new 'well proportioned' master bedroom on the ground floor. The second bedroom, also a double, is situated on the first floor with two velux windows to the rear and eaves storage to three sides. The former second bedroom now has been converted into a spacious bathroom. A sitting room with bay window, separate dining room, kitchen and utility complete the accommodation. Outside the wide corner plot frontage allows a generous amount of off road parking and access to the rear garden and detached store (former garage).

Moulton T: 01604 494600

SYWELL EPC: E **£335,000**

A three bedroom detached bungalow, sat on a large plot and situated within the sought after village of Sywell. The accommodation comprises: entrance hall, lounge, dining room, kitchen, conservatory, study, a four piece bathroom and separate WC complete the living accommodation. There are two double bedrooms and a good sized single bedroom. Outside the bungalow is set behind a five bar gate and has a good size frontage with plenty of room for off road parking and a generous size rear garden.

Earls Barton T: 01604 810933

ECTON BROOK EPC: . **£139,995**

A stunning two bedroom link detached property having been modernised and updated by a local developer. Comprises entrance hall, sitting / dining room overlooking the rear garden, refitted kitchen with integrated appliances, two bedrooms and a refitted family bathroom. Having been redecorated and benefiting from new flooring throughout an internal viewing is recommended to appreciate the quality of finish on offer. Further benefits include uPVC double glazing throughout, well tended gardens to the front and rear and no upper chain.

Weston Favell T: 01604 784990

COLLINGTREE EPC: C **£375,000**

This four bedroom family home is situated on a good sized plot which has been well maintained. Benefitting from UPVC double glazing, four double bedrooms and a hand built kitchen. Comprises: entrance porch, hall, WC, dual aspect lounge, square arch to the dining room. To the first floor there are four double bedrooms with the master bedroom benefitting from an en-suite. There is also a family bathroom. Outside is a rear garden. The front is open plan with off road parking for several vehicles and access to the garage.

Village T: 01604 624900

FAVELL GREEN EPC: . **£199,995**

We are delighted to offer this detached home in the ever popular Abington Vale area for sale. The current owner has maintained and updated throughout the years and remodelled by converting the original garage into a study, and there is the addition of a garden room to the rear, both of these features vastly increases the ground floor accommodation, from when originally built. The property in brief comprises entrance hall, lounge/diner, study, garden room, kitchen, three first floor bedrooms and a shower room.

Abington T: 01604 231111

LONG BUCKBY EPC: D **£219,995**

An extremely smart and well presented two bedroom semi detached bungalow just a couple of minutes walk from the many village amenities. It has a central hall, lounge, kitchen/breakfast room, two large double bedrooms and bathroom. There is parking for two cars at the front and an attractive 50ft rear garden. It also features UPVC double glazing and a recently fitted radiator central heating system.

Long Buckby T: 01327 842093

JACKSON GRUNDY ESTATE AGENTS

www.jackson-grundy.com

NEW

EAST HUNSBURY EPC: . **£134,995**

A two bedroom mid-terrace property with garage and gardens. The accommodation comprises entrance hall, 14'3 x 11'6 lounge, kitchen, two bedrooms and a bathroom. There are sealed unit double glazed windows and gas radiator heating. The front garden consists of a small gravel bed and there is a meter/storage cupboard. The rear garden has patio and lawn areas. The garage is located in a nearby block.

Northampton T: 01604 633122

KINGSTHORPE EPC: D **£184,995**

A larger than average three bedroom detached property situated in the corner of a cul-de-sac on Obelisk Rise. The accommodation comprises entrance porch, entrance hall, lounge, kitchen, dining room and conservatory, whilst upstairs there are three good sized bedrooms, a family bathroom and separate WC. Benefits include gas combination boiler central heating, majority UPVC double glazing, a good size front garden with a driveway leading to a single garage and an enclosed rear garden.

Kingsthorpe T: 01604 722197

NEW

CRICK EPC: G **GP £200,000**

A Grade II listed semi detached cottage with character features, garden and small garage. It has a hall, lounge/dining room with cast iron log burner, kitchen with pantry, boot room, two double bedrooms and a large four piece bathroom. The cottage garden also features a barn that requires renovation.

Long Buckby T: 01327 842093

UPTON EPC: C **£235,000**

A lovely four bedroom home set within an attractive row of terraces. Comprising entrance hall, lounge, WC and kitchen/dining room. To the first floor are bedrooms one and three with bedroom one benefitting from an en-suite and family bathroom. To the second floor are two further bedrooms and bathroom. Outside front and rear gardens with off road parking for two vehicles. Benefits boast gas radiator central heating with additional solar panel heating, rain recycling system, beautiful double glazed sash windows to front and double glazed windows to rear.

Duston T: 01604 755757

NEW

THORPLANDS EPC: D **£129,995**

A beautifully presented end of terrace property which has been redecorated throughout. The spacious accommodation comprises entrance hall, downstairs WC, lounge and kitchen/dining room to the ground floor with four bedrooms and a refitted bathroom on the first floor. Outside there are front and rear gardens. Benefits include gas radiator heating and double glazing. This property would make an ideal investment or first time purchase.

Weston Favell T: 01604 784990

NEW

ST JAMES EPC: C **£154,995**

A well proportioned bay fronted mid terrace residence is offered to the market in good order. The property would make an ideal for a family home and comprises: entrance hall, lounge, dining room, family room, kitchen/diner, and WC to the ground floor. To the first floor there is a recently refitted shower room with a double walk in shower and gas centrally heated towel rail, there is a master bedroom with a bay fronted window and built in cupboards, and two further bedrooms. Outside there is a low maintenance rear garden with gated access to the service road. The property further benefits from gas central heating, recently refitted UPVC windows and doors (where specified), is close to the local amenities and offers good living space.

Northampton T: 01604 633122

WESTONE EPC: . **£164,995**

A larger than average three bedroom semi detached bungalow with a 100' rear garden and offered for sale with no onward chain. Comprises: entrance hall, lounge, kitchen, three bedrooms, shower room and a conservatory. There are double glazed windows and doors where specified and gas radiator heating (also where specified). The front of the bungalow has an off road parking space with the remainder laid to lawn. The rear garden is approximately 100ft in length. Updating is required in some areas and the property is offered with no onward chain.

Weston Favell T: 01604 784990

NO CHAIN

ABINGTON EPC: D **£199,995**

This double bay fronted Victorian terrace property is offered to the market on one of Abington most sought after roads. We feel this property which is currently let on a room by room basis till next year offers a fabulous opportunity. Comprises two separate reception rooms, an open kitchen/dining room, shower room and access to a very useful basement, to the first floor are three double bedrooms and a family bathroom. Further benefits include UPVC double glazing (where specified), Gas central heating, front and back gardens and a large garage to the rear.

Abington T: 01604 231111

MANFIELD GRANGE EPC: C **£275,000**

Jackson Grundy are proud to offer for sale this unique and surprising modern family home. Comprises entrance hall, WC, lounge with bay window and a large open plan kitchen/diner. The first floor boasts three double bedrooms, with the master bedroom enjoying an en-suite, a well appointed family bathroom and a large landing incorporating a study area, which offers scope for creation of a further bedroom if required. To the second floor, an impressive and well planned attic conversion provides for two further double bedrooms and a shower room.

Kingsley T: 01604 715000

NEW

MOULTON EPC: . **£239,950**

A double bay fronted three bedroom semi detached house offering a nice blend of character and contemporary features which has been extended to provide a lovely family home. The accommodation comprises entrance hall, lounge, cloakroom/WC, kitchen/dining room and conservatory, to the first floor are three bedrooms and a bathroom. Outside there is generous off road parking and low maintenance gardens.

Moulton T: 01604 494600

modern marketing · traditional values

PIDDINGTON EPC: E **£279,995**

Jackson Grundy are proud to offer to the market this semi-detached cottage that is believed to date back to the 1700's. The current owners have added a bespoke kitchen with solid wood units and oak work tops, they have space for modern fittings, washing machine dishwasher and built in fridge freezer. The property comprises entrance hall, kitchen and lounge/dining room. To the first floor there are three bedrooms and a refitted shower room. Outside to the rear there is a private garden, the front has a courtyard garden leading to the garage.

Roade T: 01604 862442

EARLS BARTON EPC: D **GP £180,000**

OPEN DAY
SATURDAY 17th JANUARY BETWEEN 12.00 - 2.00pm.
A three bedroom semi-detached property in need of modernisation and occupying a very big garden. The plot is of such a size that (subject to the necessary planning consents) the property could easily be extended.

Earls Barton T: 01604 810933

ABINGTON VALE EPC: C **£254,995**

We are delighted to offer to the market this four bedroom detached property in the very desirable area of Abington Vale. It is in our opinion a great family home due to easy access for local schools, Abington Park and local amenities. Accommodation in brief comprises entrance hall, study, WC, lounge, dining room, kitchen and conservatory to the ground floor. To the first floor are four bedrooms and the family bathroom. Further benefits include double glazing, gas central heating and off road parking with car port and garage.

Abington T: 01604 231111

POETS CORNER EPC: D **£165,000**

A simply stunning example of a traditional red brick terrace situated in the highly regarded neighbourhood of Poets Corner, Just a short walk from all of the many amenities that the area has to offer. The property oozes period charm, retaining as it does a good many traditional features. Accommodation on offer comprises entrance hall, separate reception rooms each boasting a Victorian style fireplace, a sizeable kitchen/breakfast room, cellar, rear lobby and ground floor WC, whilst upstairs are 3 bedrooms, and a beautifully refitted family bathroom.

Kingsley T: 01604 715000

DUSTON EPC: B **£214,995**

An immaculate and stylish three bedroom home, built by Messrs Bellway in 2010. The current owners have further improved since new, and some of the many features boast, landscaped low maintenance southerly facing garden, fitted kitchen with stainless steel gas hob, oven and extractor hood, tiled floor in the kitchen/dining room, tegular block driveway leading to the single garage, thermostatic showers in the bathroom and en-suite and solar panelled heating for the water. The accommodation comprises: entrance hall, lounge, inner hall, cloakroom, kitchen/diner, landing with three bedrooms, en-suite to master and bathroom. Additional features include double glazed windows, doors, gas radiator central heating and intruder alarm system, NO ONWARD CHAIN.

Duston T: 01604 755757

MOULTON PARK EPC: C **£275,000**

A modern four bedroom detached house constructed by Messrs Twigden homes, and enviably situated at the end of a private driveway on the edge of the development. The deceptively spacious accommodation comprises entrance hall, cloakroom/WC, lounge, dining room, kitchen and utility room. To the first floor are four bedrooms with an en-suite to the master and a family bathroom. Outside the front is laid to lawn with side access to garden and block paved parking in addition to the driveway and garage. Viewing is recommended.

Moulton T: 01604 494600

KINGSTHORPE EPC: C **£325,000**

An imposing Victorian property which offers a wealth of character and is located just a short walk from Kingsthorpe shopping centre. The accommodation comprises entrance porch, entrance hall, lounge with a bay window, family room, kitchen, utility and a dining room with French doors to the garden. On the first floor are three double bedrooms, the master has an en-suite shower room and there is also a generous family bathroom. A fourth double bedroom can be found in the converted loft space.

Kingsthorpe T: 01604 722197

THE MOUNTS EPC: C **£110,000**

A one bedroom ground floor warehouse apartment converted some years ago by Colin Clayson Homes. The accommodation comprises entrance hall, 16'8 x 13'9 open plan lounge/kitchen, bedroom and bathroom. The apartment is heated via gas old style 'school' radiators. There is no onward chain.

Northampton T: 01604 633122

SPRATTON EPC: C **£170,000**

A three bedroom detached house situated near the edge of the village and offered with no upward chain. The property has a porch, lounge, dining room, kitchen, three bedrooms and a bathroom. Outside there is parking, a garage, private rear garden and a home office measuring 14'7 x 7 with its own WC. The house has radiator heating and double glazing where specified.

Long Buckby T: 01327 842093

ST CRISPINS EPC: C **£324,995**

A well-proportioned four bedroom detached family home nicely positioned at the end of a small cul-de-sac. Accommodation comprises entrance hall, downstairs WC, lounge, dining room, kitchen/breakfast room and utility room. Upstairs a landing leading to four bedrooms with en-suite to master and a family bathroom. Outside is an open plan front garden and enclosed rear garden with access to a double length garage and off road parking. Benefits include UPVC double glazing and gas radiator central heating.

Duston T: 01604 755757

JACKSON GRUNDY ESTATE AGENTS

www.jackson-grundy.com

MOULTON EPC: D **£214,995**

A mock Tudor three bedroom detached house with an attached garage situated at the end of a no through road in this highly regarded area of Moulton Leys. Recent improvements include UPVC double glazed doors and windows, UPVC clad soffits, fascias and the replacement of kitchen and bathroom. The accommodation comprises: entrance hall, cloakroom/WC, lounge, dining room, conservatory, kitchen, utility room, three bedrooms and a bathroom. Outside are front and rear gardens, a three car driveway and a single attached garage.

Moulton T: 01604 494600

BRIAR HILL EPC: . **£117,995**

A spacious mid terrace property offering an ideal investment opportunity or first time purchase. The accommodation comprises entrance hall, cloakroom, dining room, kitchen, and two bedrooms to the ground floor, with a spacious living room, master bedroom and bathroom to the first floor. A low maintenance garden is positioned to the rear, while further benefits include UPVC double glazing and no upper chain.

Northampton T: 01604 633122

BUGBROOKE EPC: C **£182,500**

A very well presented three bedroom semi detached house, set in a cul-de-sac location. The property benefits fitted kitchen, refitted white bathroom suite with feature 'glass bowl' wash hand basin, gas radiator central heating with combination boiler, double glazed windows and doors, well tended and enclosed rear garden with patio, block paved driveway, a single garage and Campion School Catchment. The accommodation in brief comprises entrance hall, open plan kitchen/living room, landing, three bedrooms and a bathroom.

Duston T: 01604 755757

KINGSTHORPE EPC: . **£375,000**

An attractive three storey former farmhouse thought to date back almost 200 years. Comprises entrance hall, lounge leading to a large conservatory, dining room, refitted kitchen/breakfast room, utility and cloakroom. On the first floor are three double bedrooms and a family bathroom, the master having a refitted en-suite bathroom. To the second floor two further double bedrooms. Outside there is gravelled off road parking for three cars, garage and a further parking space, a generous rear garden and an open workshop/store.

Kingsthorpe T: 01604 722197

WESTON FAVELL VILLAGE EPC: F **£160,000**

Jackson Grundy are delighted to offer for sale this quaint stone built cottage. Set in the picturesque village of Weston Favell this charming home boasts a wealth of character features such as sash windows, fireplaces in almost every room and cottage style kitchen. The property is set over three floors and in brief comprises to the ground floor a lounge and kitchen, to the first floor is the master bedroom and to the second floor there is a second bedroom and bathroom. The property also benefits from a brick built shed and side access.

Abington T: 01604 231111

LINKS VIEW EPC: C **£185,000**

Jackson Grundy are delighted to offer for sale this three bedroom semi detached bungalow which has been refurbished and extended. Comprises entrance hall, lounge, kitchen with integrated appliances, dining room, conservatory, wet room and three bedrooms. To the rear is a low maintenance enclosed garden with a decked ramp, giving easy access for a wheelchair user to the conservatory. The front garden is mainly gravelled with driveway to the side providing off road parking. Benefits include double glazing, gas radiator heating and no upper chain.

Kingsley T: 01604 715000

ST JAMES EPC: D **£127,500**

SIMILAR PROPERTIES REQUIRED

Northampton T: 01604 633122

WATERMEADOW EPC: . **£144,995**

Pleasantly situated in a quiet cul-de-sac is this beautifully presented three bedroom terrace property. Having been completely refurbished throughout by the current owners, the accommodation comprises entrance porch, lounge and refitted kitchen/dining room. To the first floor are three bedrooms and refitted bathroom. Outside are front and rear gardens, the front providing off road parking and the rear being mainly paved with low maintenance in mind. Additional benefits include double glazing and gas radiator heating. A garage is located in a nearby block.

Weston Favell T: 01604 784990

LONG BUCKBY EPC: C **£220,000**

A three bedroom semi detached property nicely positioned at the end of a cul-de-sac. The property has been extended on the ground floor to provide a downstairs shower room and sun room with double doors leading to the rear garden. The property comprises in brief: lounge/diner, kitchen, sun room, downstairs shower room, three bedrooms, bathroom, oversize single garage and rear gardens.

Long Buckby T: 01327 842093

ABINGTON EPC: E **£209,995**

Conveniently situated for the Wellingborough Road and all the many amenities it has to offer. This delightful and spacious traditional bay fronted terrace is offered for sale with no chain. Comprises entrance hall, open plan lounge/dining room with bay window, spacious kitchen/breakfast room measuring in excess of 23ft in length with fitted kitchen, rear lobby and WC. Whilst upstairs are three large double bedrooms and a family bathroom. Further benefits include gas central heating, UPVC double glazed, front and rear gardens and a cellar.

Abington T: 01604 231111

modern marketing · traditional values

HARDINGSTONE EPC: D **£279,995**

A well presented and extended four bedroom semi-detached family home. The property has been extended tastefully by the current owners and comprises of: entrance hall, lounge, WC, dining room, kitchen and utility room. To the first floor there are four bedrooms and a recently refitted four piece bathroom suite with a walk in shower and claw foot bath. To the rear is a good sized and well tended garden with a workshop to the rear. To the front there is off road parking for two cars. The property further benefits from gas central heating and double glazing.

Roade T: 01604 862442

FAR COTTON EPC: C **£89,995**

A well presented ground floor maisonette offering an ideal first time buy or investment opportunity. Accommodation comprises entrance hall, sitting / dining room with log burning stove, kitchen, double bedroom, bathroom and separate WC. A larger than average garden is offered to the rear, while further benefits include UPVC double glazing (where stated), gas radiator heating and no upper chain.

Northampton T: 01604 633122

BRIXWORTH EPC: C **£375,000**

An attractive modern detached house, nicely positioned in a private corner along a private driveway on the ever popular 'Ashway' development. The property has undergone a sizeable ground floor extension to provide a stunning family kitchen linked to a wonderful conservatory addition. Accommodation comprises: entrance hall, lounge, dining room, kitchen/breakfast room, utility room, conservatory and WC. To the first floor there is the master bedroom with en-suite shower room, a further four bedrooms and a family bathroom.

Moulton T: 01604 494600

ABINGTON EPC: D **£197,500**

This well proportioned three bedroom Victorian Terraced home is offered to the market on a very desirable road in Abington, just a short walk from the park. Accommodation in brief comprises entrance hall, open lounge/ dining room, kitchen/breakfast room, utility room and WC. There is a cellar downstairs and to the first floor are three double bedrooms and a family bathroom. Further benefits include UPVC double glazing (where specified), gas central heating and pedestrian rear access to the garden.

Abington T: 01604 231111

NASEBY EPC: D **£325,000**

An improved and extended, four bedroom detached family home situated in the excellent Guilsborough School Catchment area. It features a porch, hall, cloakroom, lounge, quality conservatory, dining room, family room, kitchen/breakfast room and utility room. Upstairs, there are four bedrooms, an en-suite shower room and main bathroom. Outside, the driveway has space for three cars and the rear garden backs onto fields with lovely views especially from the first floor. The property has UPVC double glazing and radiator heating.

Long Buckby T: 01327 842093

KINGSTHORPE EPC: E **£189,995**

A beautifully presented two/three bedroom semi-detached bungalow situated in one of Kingsthorpes most sought after locations. The accommodation comprises entrance porch, entrance hall, a lounge, sitting/dining room, a well fitted kitchen, two double bedrooms to the ground floor along with a shower room and a hobby room/bedroom three to the first floor.

Kingsthorpe T: 01604 722197

DUSTON EPC: C **£169,995**

A three bedroom semi-detached house, built by Messrs 'Wilson' to their cottage design. The accommodation comprises: entrance hall with door to the garage, lounge/diner with stone feature fireplace, kitchen/breakfast room, landing to three bedrooms and a bathroom. Outside there is an open plan garden to the front with a driveway, and to the rear, and enclosed garden with patio area and lawned garden. Additional features include gas radiator central heating, double glazed windows and popular location in New Duston. Early viewing is recommended.

Duston T: 01604 755757

SPINNEY HILL EPC: E **£169,995**

A deceptively spacious semi-detached chalet style bungalow situated on a quiet road. Comprises entrance porch, large living room, inner hallway, double bedroom, shower room, kitchen, breakfast room, utility room and conservatory to the ground floor whilst the upstairs offers a further double bedroom with en-suite WC. Externally the property boasts attractive gardens. There is also a detached single garage and off road parking. Further benefits include gas radiator central heating and UPVC double glazing (where specified). No chain.

Kingsley T: 01604 715000

GREAT BILLING EPC: . **£255,000**

A four bedroom detached family home located within a cul-de-sac and offered for sale with no onward chain. The accommodation comprises: entrance hall, WC, lounge, dining room, kitchen and utility room. On the first floor the master bedroom has an en-suite shower room, there are three further bedrooms and the family bathroom. The property is original in its condition and as such cosmetic work will be required, however properties are rarely available in Valentine Way so early viewing is recommended.

Weston Favell T: 01604 784990

LITTLE HARROWDEN EPC: D **£155,000**

Situated in a quiet cul-de-sac in the ever popular village of Little Harrowden. We are delighted to offer to the market this extended recently modernised two bedroom semi-detached bungalow. The bungalow benefits from a new central heating system, new bathroom suite and a refitted kitchen. Further benefits include UPVC double glazing, off road parking and a rear garden that backs on to beautiful open fields. Accommodation in brief comprises entrance hall, lounge, kitchen/dining room, two bedrooms and a bathroom.

Earls Barton T: 01604 810933

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PrimeLocation.com

rightmove.co.uk

Zoopla.co.uk

The Property Ombudsman

Northampton **01604 633272**

East Hunsbury **£249,995**

A fantastic four bedroom detached home in the popular area of East Hunsbury. With excellent road links to the M1 and close to good schools, it is the ideal family home.

Northampton **01604 633272**

West Hunsbury **£199,995**

Offered to the market with no upward chain is this extremely well presented three bedroom link detached home set within walking distance to Hunsbury Country Park and easy access to M1.

Northampton **01604 633272**

Sandringham Gardens **£225,000**

An extremely smart, energy efficient four bedroom detached home in the popular area of Sandringham Gardens that has the added benefit of solar panels that generate an income of £1,200 pa. The part-converted garage is just one update by the current owners, the property offers spacious accommodation, perfect for a growing family. Situated south of the town the property has goods access for commuters using the A45/M1.

Northampton **01604 633272**

Rectory Farm **£220,000**

Situated within close proximity to open fields is this larger than average four bedroom detached property in the popular residential area of Rectory Farm. Set at the end of a quiet cul-de-sac, the property occupies a large plot including an additional front garden space to the side of the house. The property benefits from good access to road links as both the A45 and A43 are nearby. EPC: D.

Northampton **01604 633272**

Northampton **£190,000**

An extremely well presented three bedroom family home set in a quiet development in the popular area of Hunsbury Meadows. To the front is off road parking for one car, plus a single garage. A fantastic opportunity to buy your dream house, viewing is recommended!

Northampton **01604 633272**

Little Billing **£499,995**

Situated in the heart of Little Billing Village is this well proportioned 17th Century stone under thatch cottage that has undergone a full refurbishment program by the current owners. The property was formally two individual cottages that have been merged, remodelled and extended in the 30s to create this wonderful family home.

Northampton **01604 633272**

Wakes Meadow **Offers Over £175,000**

A deceptively spacious detached four/five bedroom family home within the popular area of Wakes Meadow. The development is situated with easy reach of Riverside Retail Park and major road links. The master bedroom not only benefiting from an en-suite shower-room but an additional dressing room space/nusery. The property also beneifts off road parking as well as a single garage. EPC: D.

Northampton **01604 633272**

Northampton **£115,000**

Situated in a quiet cul de sac is this well presented two double bedroom mid terrace, which is offered to the market as an investment opportunity as there is a tenant in situ. The property has undergone a full refurbishment program two years ago and has been well kept ever since.

Northampton **01604 633272**

Great Billing Village **£365,000**

Situated in the popular village of Great Billing, in a quiet cul-de-sac, is this fantastic chalet-style bungalow that has undergone an extensive programme of refurbishment. The property features a stunning kitchen/family room which is the the hub of the house, and focal point for family life. The property boasts a sizable frontage, mature rear garden and spacious, versatile accommodation throughout. EPC: D.

Northampton **01604 633272**

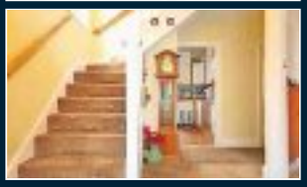
Thorplands **£98,500**

NOTICE OF OFFER
69 Booth Meadow Court, Northampton, Northamptonshire, NN3 8AJ. We would advise that an offer has been made for the above property in the sum of £95,500. Any person wishing to increase on this offer should notify the agents of their best offer prior to exchange of contracts. Your Move Hobin Roberts - Northampton - 01604 633272.

Duston 01604 591066

St James **£189,995**

Located in the popular Scotts Corner area of St James is this mature bay fronted three bedroom family home. This unique property combines character with modern conveniences such as gas central heating and PVCu double glazed windows. The property also benefits from off road parking, garage and modern refitted shower room. EPC F.



Duston 01604 591066

Duston **£179,995**

A deceptively spacious bungalow offering versatile accommodation having been much improved and extended by the current owners. The property has undergone an extensive refurbishment programme to include a recently refitted kitchen/dining room, a refitted bathroom, a replacement gas boiler, landscaping of the rear garden, block paved driveway and extension to the rear. EPC awaited.

The market is HOT!

Let us help you sell.

YOUR MOVE
Hobin Roberts

Duston 01604 591066

Duston **£159,000**

A well presented three bedroom semi detached property located in a well established residential area of Duston. The property benefits from off road parking for several cars, detached garage, good size kitchen diner and no chain. EPC D.

Duston 01604 591066

Timken **£264,995**

Built in 2011 to a high specification by David Wilson Homes this three Bedroom Detached house is located in the sought after Timken development. The property briefly benefits from off road parking, garage, ensuite to master and modern open plan kitchen diner. EPC C.

Duston 01604 591066

Duston **£215,950**

An immaculately presented three bedroom detached property located in this popular part of Duston. The property was constructed by Messrs Wilcon Homes to their popular Sherwood design and offers spacious accommodation with a modern contemporary decor theme throughout. The property briefly benefits from off road parking, garage, ensuite to master and downstairs cloakroom. EPC Awaited.

Duston 01604 591066

Duston **£210,000**

A spacious and extended mature three bedroom semi detached property with a large garden situated on a well established road in Duston. The property which has neutral decor throughout briefly benefits from a well fitted kitchen, utility room, downstairs cloakroom, garage and off road parking. EPC D.

Duston 01604 591066

Duston **£230,000**

A four bedroom detached family home pleasantly situated in a cul de sac location within the popular St Giles Park development. The property benefits from, refitted kitchen, seperate dining room, cloakroom, garage and off road parking. EPC D.

Duston 01604 591066

St James **£179,995**

Nearing completion, a newly built detached bungalow nearing completion situated in St James. The bungalow features double glazing, gas radiator heating and a single garage. EPC Awaited.

Duston 01604 591066

Duston **£395,000**

A substantial detached 3 bedroom bungalow occupying a generous plot set well back from the road in a secluded position. The property benefits from off road parking for several vehicles, seperate reception rooms, refitted kitchen ,shower room, and garage. EPC D.

Duston 01604 591066

Upton **£199,995**

An immaculately presented three bedroom end of terrace town house located in the popular area of Upton. The property has a spacious entrance hall , lounge with French doors leading out to the rear garden, kitchen, cloakroom/WC , two double bedrooms and Master bedroom with French doors and Juliette balconies, ensuite and dressing area to master and family bathroom. EPC B.

Towcester 01327 350626

Towcester **£310,000**

A very well presented four bedroom family home located on a cul de sac on the ever popular Belle Baulk Estate. The property briefly benefits from a 22ft conservatory opening on to the rear garden, re-fitted kitchen with a utility room. EPc: D.

Towcester 01327 350626

Towcester **£230,000**

Situated in a location that has always been popular with buyers is this three bedroom semi detached dormer house. The property is presented in excellent decorative order.The property briefly benefits from a refitted kitchen with utility area, seperate dining room, 20 ft lounge, ensuite shower room to the master and off road parking for several cars. EPC D.

Towcester 01327 350626

Potterspury **£200,000**

Located in the popular village of Potterspury a two bedroom semi detached house presented in very good decorative order. The accommodation benefits from a 19ft lounge / diner, a fitted kitchen with a built in pantry, utility area, brick built conservatory, two double bedrooms with the master measuring over 14 ff in length. EPC: D.

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duston@your-move.co.uk

Kettering
01536 411333
kettering@your-move.co.uk

Kingsthorpe
01604 718392
kingsthorpe@your-move.co.uk

Northampton
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northampton@your-move.co.uk

Towcester
01327 350626
towcester@your-move.co.uk

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The Property Ombudsman

Abington **01604 217222**

Abington £395,000

A substantial and imposing five bedroom town house overlooking Abington Park offered for sale with no upward chain. The property has been greatly improved over recent years by the current owners and offers a good mix of character period features and modern contemporary touches. Arranged over four floors the house offers ample living space for a family. The property also benefits having a garage to the rear. EPC: E.

Kingsthorpe **01604 718392**

Kingsthorpe £189,995

A three bedroom link detached property located in a cul de sac location in this popular part of Kingsthorpe, Obelisk Rise has always been a very sought after location and is situated on the Northern side of Kingsthorpe just a few minutes drive to Brixworth Country Park, which is very popular with walkers and cyclists. EPC: Awaiting.

Abington **01604 217222**

Poet's Corner £143,000

Offered to the market is this superbly presented two bedroom Victorian mid terrace house with the added bonus of a garage to the rear. Ideally suited to first time buyers or investor this fantastic home is located in the desirable area of Poet's Corner. The property itself has been sympathetically modernised yet retains many of the period features such as ceiling roses, coving and picture rails. EPC: Awaiting.

Kingsthorpe **01604 718392**

Kingsthorpe £127,500

Situated within close proximity to amenities and in the heart of Kingsthorpe is this well maintained two bedroom semi detached bungalow. As you enter the property via the door to the side aspect, there is a central hallway which branches of to the lounge with double glazed bay window to the front aspect, fully fitted kitchen with base and eye level units, shower room w/c and two bedrooms. This property is available with no upward chain. EPC: Awaiting.

Abington **01604 217222**

Abington Vale Guide Price £300,000

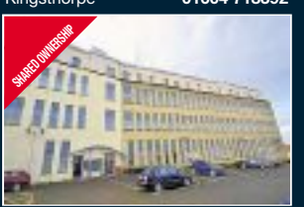
Within walking distance to Abington Park is this beautifully presented four bedroom extended detached family home situated in Abington Vale. Abington Vale is one of the most sought after locations in Northampton, mainly due to the close proximity of the fantastic Abington Park and all age schooling. This makes it particularly attractive with young families who can enjoy the parks facilities such as a bowling green, museum and children's play area. EPC: D.

Kingsthorpe **01604 718392**

Spratton Guide Price £149,995

Located in the popular village of Spratton is this three bedroom mid-terraced house. Set back from the road with front and rear gardens the property offers spacious living accommodation comprising; Lounge, Kitchen/Diner, Utility Room, Cloakroom/W.C, Bedrooms and Family Bathroom. EPC Rated D

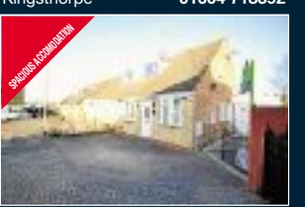
Kingsthorpe **01604 718392**



Kingsthorpe Hollow £65,000

Offering an affordable route on to the housing market this impressive modern flat is available on a 50% shared ownership basis. With far reaching views over the North of Northampton the property is ideally positioned between Northampton town centre and one of it's more prominent suburbs, Kingsthorpe. EPC: B.

Kingsthorpe **01604 718392**



Courteenhall Close £179,995

Situated in a quiet cul-de-sac location close to local schools and amenities is this three bedroom extended semi-detached chalet style property. Located on a corner plot, the house benefits from a single detached garage, off road parking along with side and rear gardens. Internally the property boasts two reception rooms, gas central heating, double glazed windows and modern conservatory to the rear. EPC: D.

Kingsthorpe **01604 718392**

Spratton £235,000

Spratton Mews, A charming mix of two and three bedroom townhouses built from a mixture of Northampton stone and traditional red brick, The Creaton is a three bedroom townhouse with one parking space. The Location quintessential of English villages, is a charming place to live offering a peaceful rural lifestyle yet with all the local amenities right on your doorstep. EPC: Awaiting.

COMING SOON

A tastefully refurbished three bedroom detached bungalow situated off the Welford Road in Kingsthorpe. The property has a large in and out drive with a spacious 'L' shaped kitchen/dining room with vaulted ceiling. Guide Price £370,000 call the office for more details 01604 718392.

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Helen Roberts
LET BY

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Kingsthorpe
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Towcester
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towcester@your-move.co.uk

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The Property Ombudsman

* For a full list of tenant fees please visit our website or contact your local branch

Duston Lettings **01604 591066**

Long Buckby **£1600 pcm**

Available February. Set on a spacious corner plot with countryside views, is this imposing four bedroom detached family home. This mature property has been extended and renovated by it's current owner to provide ample living accommodation and four spacious bedrooms. EPC: C.

Abington Lettings **01604 217222**

Abington **£595 pcm**

Available with immediate effect is this beautifully presented two bedroom Victorian property in the popular area of Abington. Accommodation features open plan living/dining area with separate kitchen. EPC: D.

Northampton Lettings **01604 633272**

Far Cotton **£750 pcm pcm**

Available first week in December and currently being refurbished is this lovely three bedroom bay fronted Victorian property situated within walking distance to Far Cotton. The property has recently undergone a full refurbishment program to include new double glazed windows, newly fitted kitchen and bathrooms. EPC Awaited.

Northampton Lettings **01604 633272**

Grange Park **£875 pcm**

Available at the end of January is this fantastic three bedroom property in Grange Park. Extended to the rear it is the ideal family home. To the rear is an extended kitchen/dining area which benefits from under floor heating. EPC: C.

Duston Lettings **01604 591066**

Duston **£750 pcm**

Available April, this well presented three bedroom bungalow sits on a corner plot and is situated in this popular part of Duston. The property benefits from a large frontage providing off road parking. Call now to arrange your viewing. EPC: D.

Northampton Lettings **01604 633272**

Southbridge **£620 pcm**

Available in December is this very attractive ground floor apartment situated in Southbridge offering great access to the town centre. The flat is very modern throughout and comprises an open plan lounge/kitchen/diner as well as two double bedrooms and a family bathroom. The property includes allocated parking for one car. EPC: B.

Northampton Lettings **01604 633272**

Northampton **£625 pcm**

Available third week in February is this spacious two double bedroom family home situated in Goldings. The property is currently under refurbishment and full particulars will be available shortly. EPC: C.

Northampton Lettings **01604 633272**

Northampton **675 pcm**

Available with immediate effect is this recently updated three bedroom terrace property in the popular location of Lumbertubs. Maintained to a high standard the property has a newly fitted kitchen and landscaped garden. EPC: C.

Northampton Lettings **01604 633272**

Great Billing **£1,750 pcm**

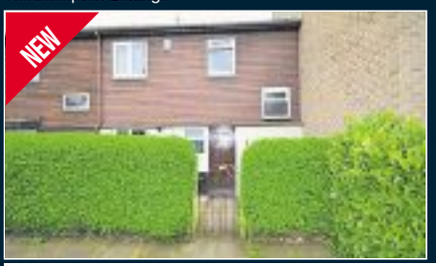
Available from the end of February is this spacious seven bedroom, four reception room family home that is situated in the popular residential location of Great Billing. The property backs onto woodlands and offers versatile accommodation throughout. EPC: C.

Northampton Lettings **01604 633272**

Little Houghton **£900 pcm**

Available at the end of November is this beautifully refurbished two bedroom cottage in the highly sought after village of Little Houghton. The property is finished to a very high standard yet retains some wonderful character features including window seats, panel doors and an open fireplace. EPC: G.

Northampton Lettings **01604 633272**



Thorplands **625 pcm**

Available from the second week of February is the well presented three bedroom house located in Thorplands which provides excellent access to Weston Favell Shopping Centre, Riverside Business Park and A45. EPC: C.

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Meadowsweet Road

£350,000

- Beautifully Presented Family Detached Property
- Situated on the Popular St. Crispins Development
- Four Generous Bedrooms Including Master with En-Suite
- Two Reception Rooms & Fitted Kitchen/Breakfast Room
- Ample Off Road Parking & Double Garage
- Fully Enclosed Rear Garden Mainly Laid to Lawn

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- Master Bedroom with En-Suite
- Generous Rear Garden

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Sales & Lettings
Bridge Street 01604 549874

Hazeldene Road £200,000
- Semi Detached House
- Four Bedrooms
- Two Reception Rooms
- Landscaped Rear Garden
- No Forward Chain

Cottagewell Court £200,000
- Detached Family House
- Four Bedrooms
- Re-fitted kitchen
- No Forward Chain

Rickyard Road £165,000
- Semi Detached House
- Three Bedrooms
- Four Piece Family Bathroom
- Off Road Parking

Chaucer Street £143,000
- Mid Terraced Victorian House
- Two Bedrooms
- Four Piece Family Bathroom
- Front and Rear Gardens

Milton Street North £139,995
- End of Terraced House
- Two Double Bedrooms
- Refitted Kitchen and Bathroom
- Off Road Parking

Wimbledon Street £132,500
- Mid Terraced House
- Two Double Bedrooms
- Open Plan Lounge/Diner
- Enclosed Rear Garden

Eastfields £125,000
- Mid Terraced House
- Three Bedrooms
- Re-fitted Kitchen
- Front and Rear Gardens

Duke Street £120,000
- Upper Floor Apartment
- Two Bedrooms
- Kitchen/Diner
- Allocated Parking

Ellfield Court £105,000
- Mid Terraced House
- Three Bedrooms
- Front & Rear Gardens
- No Forward Chain

WANTED

We have large demand for properties in East and West Hunsbury. If you are thinking of selling please call us on 01604 549874.

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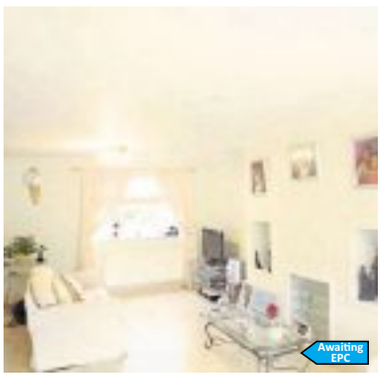
Sales & Lettings
Kingsthorpe 01604 549884

Church View £300,000
- Three Bedroom Property
- Lounge & Kitchen
- Dining Room
- Bathroom & Cloakroom
- Detached Garden

Kingsthorpe Grove £285,000
- Mid Terraced Property
- Four Bedrooms
- Lounge & Cloakroom
- Two Reception Rooms

Cecil Road £169,995
- Three Double Bedrooms
- Kitchen
- Dining Room
- Lounge



Ruskin Road £230,000
- Detached Property
- Four Bedrooms
- Two Reception Rooms
- Kitchen
- Dining Room

Courteenhall Close £195,000
- Five Bedroom Semi Detached Property
- Cul-de-Sac Location
- Lounge/Diner & Family Room
- Block Paved Driveway
- No Chain

Ash Grove £192,500
- Link Detached Property
- Three Bedrooms
- Reception Room
- Kitchen/Breakfast Room
- Bathroom

Harborough Road £150,000
- Terraced Property
- Three Bedrooms
- Reception Room & Bathroom
- Lounge/Dining Room
- Close to Local Amenities

PUBLIC NOTICE £120,000

90 NORTON ROAD NORTHAMPTON NN2 7TN
We are acting in the sale of the above property and have received an offer of £110000. Any interested parties must submit any higher offers in writing to the selling agent before an exchange of contracts takes place.
EPC Rating: E.

Wallbeck Close £119,995
- Six Modern Apartments
- Two Bedrooms from £119,995
- Three Bedroom Penthouse for £141,995
- Allocated Parking
- Park Views

WANTED

Taylors in Kingsthorpe are offering £1000 discount from our standard fees if you instruct us to sell your home in November. Please call Tim on 01604 549884

TAYLORS
Estate Agents

Sales & Lettings
Duston 01604 549879

Parkside **£500,000**
- Detached Property
- Four Bedrooms
- Three Reception Rooms
- Garden & Garage
- Off Road Parking

Parkside **£290,000**
- Detached Property
- Four Bedrooms
- Two Reception Rooms
- Garden & Garage
- Off Road Parking

ARE YOU THINKING OF SELLING?

Want a local agent with a national footprint? Call for a no obligation market appraisal and let us see how we can get you moving. Tailoring to your every need.

Cameron Crescent **£140,000**
- Semi Detached Property
- Two Bedrooms
- Reception Room
- Bathroom
- Off Road Parking

St. Crispin Crescent **£120,000**
- Coach House
- Sought after Location
- Well Presented
- Open Plan Kitchen
- Lounge/Diner

Duston **£199,950**
- Mid Terraced Property
- Three Bedrooms
- Lounge & Kitchen/Diner
- Private Front & Rear Gardens
- Off Road Parking

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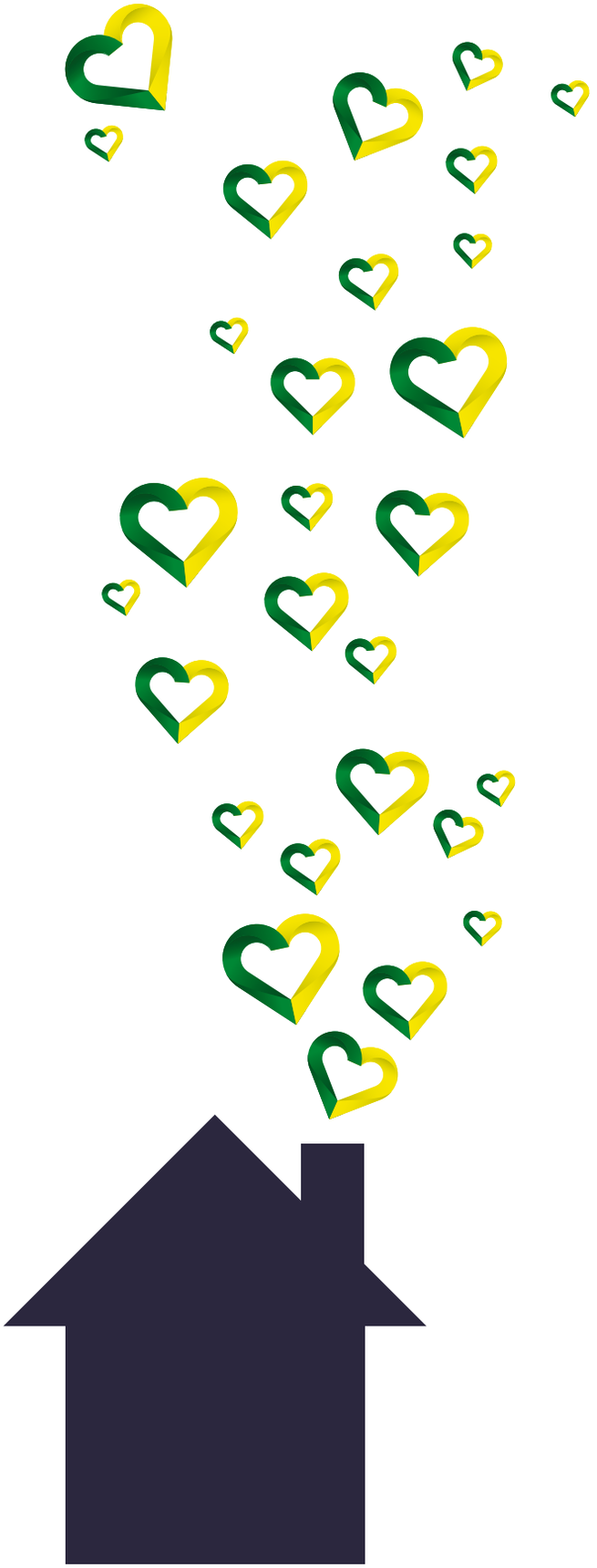
VISIT ONE OF OUR BRANCHES TODAY

EXCEEDING EXPECTATIONS



Home is where the heart is

At Millers our heart is in Northamptonshire, selling homes since 1989

Customer Review

I just wanted to drop you a quick email to say how impressed I was with the service provided by Millers to my husband and I during the sale of our house in West Hunsbury towards the end of last year.

Although we'd obviously bought property four years ago, it was the first time that we were faced with selling a property. Plus the fact that it was a shared ownership property made it a rather daunting prospect.

We began by getting a few quotes from other agents in Northampton. Not only were some of them more expensive but they also didn't initially provide the customer service that we were after.

The fact that Millers already sold properties down our road was a big bonus for us - showing that those SOLD signs are good for advertising.

Not only that, Carl provided a first class service from the start of the process when he visited our home and talked us through the process. We felt we could be open and honest with him and he talked us through everything we needed to know.

So when Carl sold our home on the first ten minute viewing, we were amazed!

Sadly, we ended up losing the initial buyer several weeks later which was obviously a worry to us having already paid upfront fees to buy our next house.

Carl reassured us that he would do everything he could do, to find us another buyer. The house went back on the market that night and 48 hours later it was sold again.

Carl went through a lot of stress and worked so hard to make sure he secured another buyer for us and kept us in the loop every step of the way.

Even when the solicitors went quiet, Carl continued to keep us informed about everything that was happening which was a huge relief during a very stressful time in the run up to completion.

If I'm ebing completely honest I found selling and buying a property pretty stressful whilst trying to hold down a busy job and in the run up to Christmas, but Carl made it that bit less stressful which is what you need from an estate agent.

So thank you to Carl and Everyone at Millers for doing a fantastic job, I will recommend the company to anyone that asks and I hope you go on to please many more buyers across Northampton.

King regards

Alice B

Reviews can be found at referenceline.com

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NEW
Wellingborough £139,995
* Three Bedrooms * Semi Detached House * Extended * Garage * Off Road Parking * No Upper Chain * Popular Location * Dining Room * Awaiting EPC

Wellingborough £127,950
* Two Bedrooms * Terrace House * Popular Location * Off Road Parking * Gas Radiator Heating * Ideal First Time Buy * Ideal Buy to Let * Good Internal Order * EPC Rating C

NEW
Wellingborough £174,995
* Three Double Bedrooms * End Terrace Townhouse * En Suite To Master Bedroom * Garage & Off Road Parking * Popular Location * Dining Room * Utility Room * Downstairs WC * Good Internal Order Throughout * Access To A45 & Commuter Routes * Awaiting EPC

Wellingborough £159,995
* Three Bedrooms * Link Detached House * Garage & Off Road Parking * Sought-After Location * Cul De Sac * Separate Dining Room * Good Internal Order * Refitted Bathroom * No Upper Chain * EPC Rating F

NEW
Earls Barton £129,950
* Two Bedrooms * Terrace House * No Upper Chain * Popular Village Location * Off Road Parking & Garage * Garden * EPC Rating D

NEW
Rushden £159,950
* Three Bedrooms * Mid Terrace House * En Suite To Master Bedroom * Downstairs WC * Garage * Popular Location * Good Internal Order * EPC Rating C

NEW
Wellingborough £105,950
* Three Bedrooms * Terrace House * No Upper Chain * Modernisation Required * Popular Location * Access To Wellingborough Town Centre * EPC Rating E

NEW PRICE
Wilby O.I.E.O. £500,000
* Four/Five Bedrooms * Substantial Extended Detached Property * Sought-After Village Location * Refitted Kitchen * Refitted Shower Room * Paddock * Outbuildings * Off Road Parking For Several Vehicles * Views Over Open Countryside * Internal Viewing Is Highly Recommended * EPC Rating D

NEW
Irthlingborough £64,950
* Buy To Let Opportunity * One Bedroom Flat * First Floor * Off Road Parking * Being Sold With Tenant In Situ * Currently Let Out For £395 pcm * EPC Rating D

Wellingborough £99,995
* Three Bedrooms * Mid Terrace House * No Upper Chain * Gas Radiator Heating * Ideal Buy To Let * Ideal First Time Buy * EPC Rating E

15 Silver Street, Wellingborough NN8 1BQ

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The 'Denford' (plot 502) is a lovely 3 bedroom home featuring: master bedroom with fitted wardrobes, en suite shower room, two further bedrooms, family bathroom, kitchen/dining room, living room with patio doors to garden, downstairs cloakroom, garden, plus two parking spaces. Now available through the Help to Buy Government-backed equity scheme:

Help to Buy

Purchase price:	£184,995	(100%)
Mortgage required:	£138,746	(75%)
Deposit required:	£9,250	(5%)
Total buyer contribution:	£147,996	(80%)
Help to Buy Equity Loan:	£36,999	(20%)

Visit: Butterfly Gardens Sales & Marketing Suite – Thursday to Monday 10am to 5pm
Call: 01604 592 983 or email: homes@orbit.org.uk
www.orbithomes.org.uk/butterfly-gardens

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*Help to Buy is available subject to status, terms and conditions. This scheme is not available in conjunction with any other financial incentives. Written details available on request.
YOUR HOME IS AT RISK IF YOU DO NOT KEEP UP REPAYMENTS ON A MORTGAGE OR OTHER LOAN SECURED ON IT. Images are computer generated.

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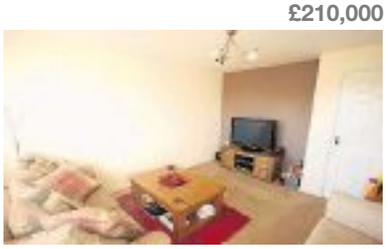
COLLINGTREE £275,000

Situated within the heart of this most sought after village is this stone built properties offering generous family accommodation over three floors. The properties are finished to a high specification with good quality fittings throughout some of which include bespoke double glazed windows with sash windows to the front elevations, fully fitted kitchens, fully tiled bathrooms. Further benefits include gas radiator central heating and secure parking. An early viewing is highly recommended.

WOOTTON FIELDS £275,000

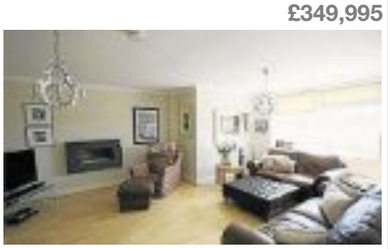
Built by Messrs Beazer Homes is this well presented modern detached property situated within the ever popular area of Wootton. The accommodation comprises entrance hall, cloakroom/WC, lounge, dining room, kitchen, utility, four bedrooms, en-suite shower room and a family bathroom. Externally there are well tended garden to the front and rear and a single garage. The property also offers gas radiator central heating, kitchen with built in oven and hob and sealed unit double glazing. A early viewing is highly recommended.

WOOTTON £210,000



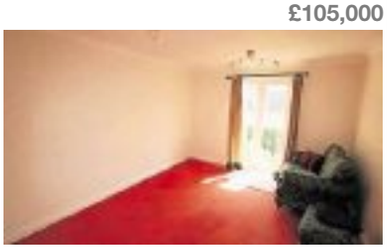
A most impressive three bedroom semi detached property situated within this sought after location. The accommodation comprises entrance hall, cloakroom/WC, lounge, inner hall, kitchen/diner, three bedrooms, en-suite shower room and family bathroom. Externally there are gardens to the front and rear with two parking spaces. The property also offers gas radiator central heating, uPVC double glazing and kitchen with built in appliances. An early viewing is highly recommended.

UPTON £349,995



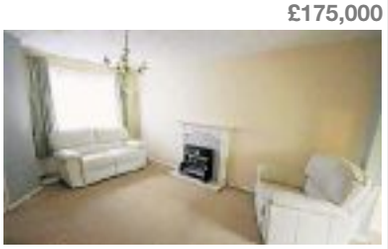
If you're looking for the complete modern lifestyle, look no further than this exclusive home. This property fuses contemporary architecture with contemporary interior specification and a range of additional little details that make a big difference to your day-to-day living. From solar panels to boost the hot water systems, to open-plan designs that create plenty of light and airy interiors, this property has been thoughtfully designed to be as dynamic as they are desirable.

GRANGE PARK £105,000



An ideal rental investment for this one bedroom modern ground floor apartment situated within this sought after location and over looking the bowling green. The accommodation comprises entrance hall, lounge, kitchen, bedroom and bathroom. Externally there is one allocated parking space. The property is double glazed, the kitchen offers built in oven and hob and the heating is all electric. The property is currently tenanted.
Viewing recommended.

UPTON £175,000

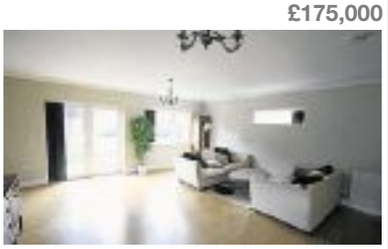


Situated within this popular part of Northampton is this modern three bedroom semi detached property offered for sale with vacant possession. The accommodation comprises entrance hall, cloakroom/WC, lounge, dining room, kitchen, three bedrooms and a bathroom. Externally there are established gardens to the front and rear and off road for three vehicles. The property also offers uPVC double glazing, gas radiator central heating and kitchen with built in appliances.

WOOTTON £118,000

A two bedroom first floor apartment built by David Wilson Homes. The property benefits from security entry phone system and uPVC double glazing. The accommodation comprises entrance hall, living area with Juliet balcony offering views over countryside, kitchen with extra units and built in appliances and two bedrooms. There is undercover allocated parking space. Ideal first time purchase/rental investment. No onward chain.

WOOTTON £175,000



Situated within the heart of this popular village is this recently converted two bedroom property. The spacious accommodation comprises entrance porch, entrance hall, large lounge (20' x 18') fitted kitchen, dining room, ground floor bathroom and two first floor bedrooms. The property also offers uPVC double glazing, gas radiator central heating, fitted with range cooker and dishwasher. Externally there is a generous garden to the rear. An early viewing is highly recommended.

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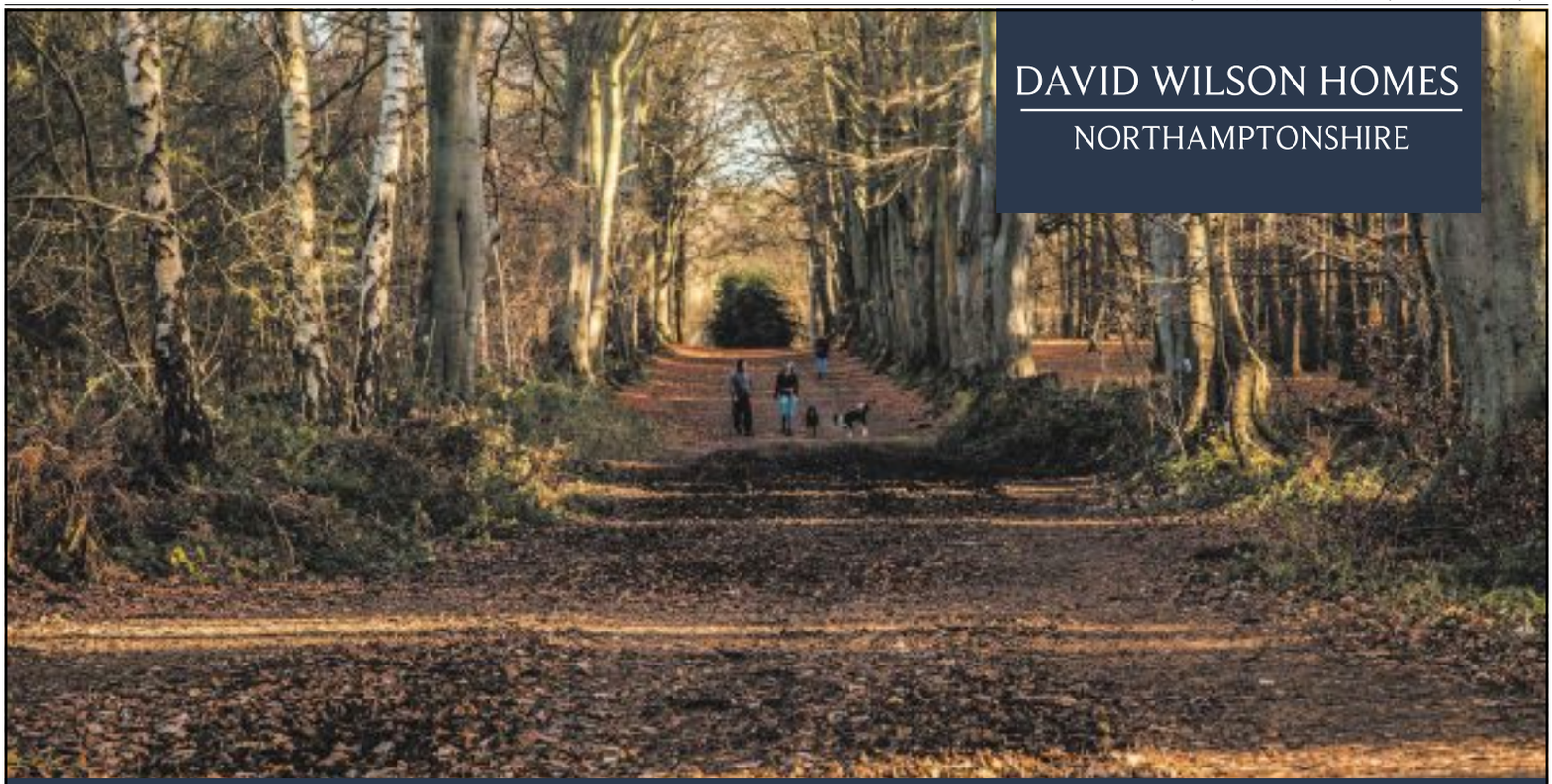

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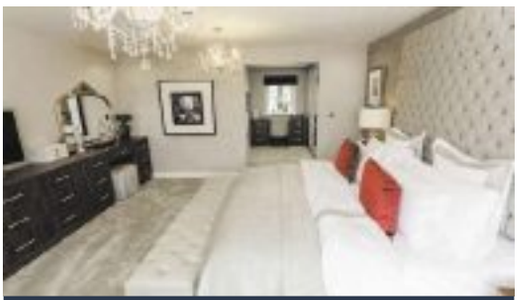

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LOCAL WORLD THE BODY

The truth about the sunshine vitamin

Vitamin D is essential for keeping our bones strong and healthy. Without it, our skeletons become soft, weak and we're more prone to develop horrible conditions like rickets and osteomalacia.

Where is it?

We can ingest Vitamin D by eating foods such as meat, eggs and oily fish, but cleverly we can also produce vitamin D ourselves. All we need is a little sunshine.

How do we make Vitamin D

When our skin is exposed to the sun, the provitamin D3 (a type of cholesterol) contained in our skin cells has a reaction to the ultraviolet rays and produces Vitamin D3. This new substance is then passed through the liver and kidneys to transform it into the correct form of Vitamin D for our bodies to use.

How much sun should I get?

The NHS recommend we get 15 minutes of sunlight on our skin every day (that's without wearing sunscreen so never go out in the strong sun of the summer months). Nice idea NHS, but we live in England where the sun rarely shines and in the UK, it's true that our skin cannot actually make Vitamin D from winter sunlight as there's not enough UVB rays. Therefore during winter it's essential that you eat plenty of the Vitamin D food sources to compensate.

Can I synthesis Vitamin D with a lightbox?

Some scientists think that the mental condition linked to depression, Seasonal Affective Disorder (SAD), is triggered by a Vitamin D deficiency and so prescribe 'light therapy' to encourage the production of Serotonin in our brains. Light boxes emit the full light spectrum (so very similar to sunlight) and those exposed to a lightbox regularly often do report an easing of their winter blues. However, there's no evidence to suggest this stimulates Vitamin D production.

Reference:
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http://www.nhs.uk/Conditions/Seasonal-affective-disorder/Pages/Treatment.aspx
http://health.howstuffworks.com/skin-care/information/anatomy/skin-produce-vitamins.htm

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THE BODY LOCAL WORLD

How to get a flat stomach

A muffin top, a spare tyre, a beer belly, a paunch, a roof over the tool shed or a middle aged spread. Whatever you call that flab around your waist, it has got to go.

Aside from ruining all your holiday snaps, your belly fat is putting you at greater risk of developing scary illnesses like heart disease, diabetes, certain cancers and even dementia.

Everyone has some belly fat (that's the fat directly under your skin) and then there's visceral fat (which is fat wrapped around your internal organs). You need a little bit of visceral fat to make a nice cushion for all the important bits, like your heart and liver, and you can find out exactly how much you've got by going for an MRI scan, or even just getting a tape measure and wrapping it around your waist at your belly button. For women, this measurement should be 35 inches or less and for men the number is 40 inches. If you're carrying any extra inches then you'll need to read on...Here are some easy tips to help you banish that belly for good.

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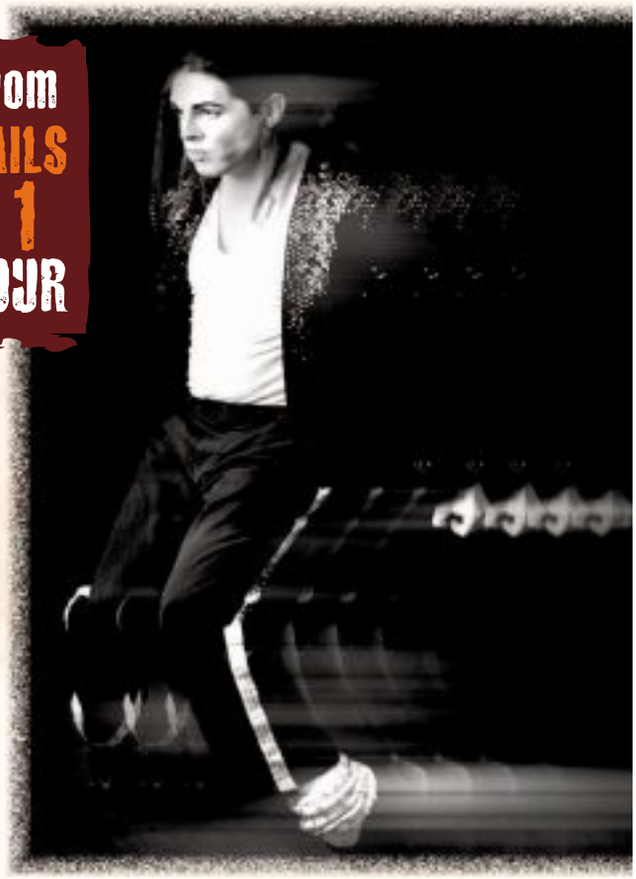

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LOCAL WORLD THE BODY

Food to avoid:

White carbs (bread, pasta, rice) – These are high in glycaemic index (bad things)
Fizzy drinks – Like drinking pure, concentrated sugar
Potatoes – This faithful diet staple is making you secretly pile on the pounds
Cheese – High in fat and is hard to digest
Alcohol – At 180 calories, a large glass of wine is the calorific equivalent of a doughnut

Foods to eat:

Almonds – Nuts will keep you fuller for longer and stop you snacking on crisps
Oils – Sunflower, olive and flaxseed oil all provide good things like Vitamin E, plus they reduce inflammation
Avocado – Helps reduces cholesterol
Protein Powder – Not just for gym bunnies as these powders contain amino acids which burn fat and build muscle
Leafy Greens – Like spinach or kale which are very low calorie and help reduce water retention

Exercise

The guidelines for 19-64 year olds are to aim for two and a half hours of aerobic exercise every week (that's something that gets your heart racing like running, fast walking, cycling, playing sports or even gardening at full pelt). Plus, twice a week, you should aim to do muscle strengthening activities to exercise your abdomen, chest, legs, arms and back (like stretching, Yoga or weight lifting).

Sit ups and crunches

On their own, sit ups and crunches will do nothing to reduce your belly fat. You'll have nice strong stomach muscles but you won't be able to see them. But sit ups, combined with diet adjustments and an exercise routine, will make you looked toned and help build up your core strength. Aim to increase the number of sit ups you do slowly from as many as you can manage (so, in most cases about three) and then work it into your exercise plan.

Hold it in

Keep on working those muscles even at your desk. Try tightening your stomach muscles by drawing your belly button backwards, but without breathing in. Hold it for five seconds and then let go. Do this ten times, four times a day. Yes, you might look a bit unusual at your desk, but keep it up and your colleagues will definitely enjoy looking at your holiday snaps a lot more this year.

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"Today I will make a list. I will focus on my goals. I won't waste time on social media. I will make things happen".

Does this sound familiar?
Today came and went. You didn't make a list. There are no ticks on your checklist. You may have wasted hours of your life on social media. You have achieved little. Your goals and ambitions remain unfulfilled and you vow to do better tomorrow.
Tomorrow comes - and goes. Nothing changes. You start to feel like a failure and mentally beat yourself up for your inability to just get on with it. Before you know it, you are berating yourself for past failures too.
The cycle continues and you find yourself locked in a merry-go round of negativity. You desperately want to get off and find a way to move forwards, calming and with purpose.

"Things never go right. *If only I could get a grip"*

Ever wonder why you can't move forward?
In today's 24/7 culture, it is easy to fall victim to the many distractions available to us. Social media, on-line shopping, satellite TV - they all help us to create diversions from the tasks we really need to complete. The constant mind chatter of what ifs, maybes, should haves and shouldn't haves constantly hijacking your attention yet there is an even greater force preventing you from focusing on what you need to do. Not only is this greater force preventing you from achieving your personal best, it is actively destroying your ability to live in the moment and enjoy life.
That greater force is ***your own mind.***

Do you wish you could switch off that inner negative voice?

Does this sound like you?

"I just can't seem to concentrate on anything"
"I'm so anxious. All I ever do is worry. It stops me from getting on with stuff".

Take some time out and try this simple experiment … Sit down. Switch off your phone and any other form of technology. Allow yourself just 2 minutes to focus on your breathing. When you have completed this exercise, pick this article up and carry on reading.

Time up? How many times did your mind wander away from your breathing? Maybe you heard a noise and couldn't resist the urge to find out what it was? Perhaps a colleague or friend said something to annoy you and you found yourself brooding about it. Quite possibly, you just felt impatient, restless and bored.
You probably found this task more difficult than you thought it would be. **Focusing the mind on one task *isn't* easy.** Our minds are so overloaded; we struggle to switch off for the shortest time.

You find yourself thinking …

"I just know what will happen if …"

Visualise a situation where you have to raise a difficult issue or ask for something. Maybe you want to ask a favour of an acquaintance or ask your boss for a promotion.
Your imagination takes on a life of its own as you imagine yourself engaged in conversation with that person. You may feel anxious or angry as you think about what will happen – you just know what they will say to you. You may even enjoy imagining your response as you play the whole scenario out in your head – fantasising about how you will respond to their criticism or refusal. As the curtain comes down on the final scene, you decide that you won't ask them after all. It was a silly idea. It would never have worked out.

Now take a step back. Do you really know what would of happened? Would that person have reacted in the way you imagined? Maybe their response would have been different (and more positive) to how you assumed it would be.
Most of us can probably relate to this. It all sounds harmless enough, until you imagine how many missed opportunities occur because your own imagination has rejected the possibility that things could have worked out differently. **Your negative thought process has hoodwinked you into believing that good things can't happen to *you;* that things will *never change.*** Suddenly, it doesn't sound harmless at all.
The point where negative thinking becomes serious …

"No matter how hard I try to overcome depression, I always seem to end up back at square one".

This is the point at which the negative inner voice can wreak the worst damage, adversely affecting your health and wellbeing. If you have ever suffered a depressive episode, you will know it is difficult to overcome. When you hit that moment where your depression is starting to lift, ingrained thought processes and negative behaviours can limit your ability to recover. Worse still, you can find yourself ***slipping back into further depressive episodes or heightened anxiety states.***

Mindfulness can help you regain control *

When **unwanted thoughts** and **negative behaviour patterns** are **holding you back** from personal happiness and fulfilment, **there is a way forward**. **Mindfulness-based cognitive therapy (MCBT) and its counterpart MBSR (Mindfulness based stress reduction)** can help you identify negative thoughts and behaviours and learn strategies to combat them.

What is mindfulness?

Mindfulness isn't just a new, trendy buzzword. It isn't merely the 'in thing' for new age therapists. **Mindfulness is a very real, accessible technique that you can learn.** It is a technique, an understanding, that enables you to take control and move your life forward; helping you to set yourself free from the negative cycle that stops you enjoying life to the full. It is suitable for people from all walks of life. The common thread that links them is a desire to take control and banish the effects of negative thought processes and behaviours - so they can enjoy life, here and now, as it really is.

Why do we need mindfulness?

As we have already discovered with the 2 minute breathing exercise, paying attention to just one thing is challenging. We are simply not used to it. We very rarely focus on one thought or task at a time. Our thoughts take over.
Often our minds are on autopilot, randomly bringing up negative experiences and thoughts from the past – plunging our present into disarray. Missed opportunities, strained relationships and unfulfilled personal goals are just some of the undesirable outcomes of our own negative thought patterns.

How can mindfulness benefit me?

- **Increased motivation and a sharper focus on tasks**
- **Living in the here and now; no more dwelling in the past**
- **Increased ability to make decisions and take action**
- **Switching off from unpleasant thoughts and focusing on the present moment**
- **Freedom from negative behaviours that hold you back in various aspects of your life**
- **Feeling successful and in control**
- **Achieving your goals**
- **Patting yourself on the back at the end of the day**
- **Happier relationships and collaborations**
- **Increased happiness, health and wellbeing**
- **Feeling at ease within yourself**

Be mindful in all that you *do* and you will learn how to *be*.

Wishing you a happy, healthy 2015.

For more information about mindfulness techniques and other therapies that can help you take control of your life, call Rachael Slack at Mindfulife on (01908) (377703) or visit www.mindfulife.co.uk or email info@mindfulife.co.uk

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*Mindfulness techniques are designed to help alleviate stress, anxiety and to aid in the reduction of reoccurring depressive and low mood states. If you are currently taking medication and are unsure how to proceed please consult with your doctor and take advice.

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Do you thrive on being where the action is?

Are you looking for a career with a dynamic growing organisation?

If the answer is yes... then the advertising sales team would like you to work with them on four of the best read newspapers in the county and our associated websites.

Our business developers are full multi-media professionals offering clients a complete marketing strategy comprising print and digital display, SEO, social media and web-builds.

Are you out going and confident?
Have experience in a field sales role?
We currently need such individuals who can work well with others, enjoy involvement, have good persuasive skills and heaps of enthusiasm.

We Offer:

- Up to £22,000 per year basic
- A generous bonus structure
- Great potential for career development
- 25 days holiday per year • Regular training
- Strong support from your team and your manager
- Contributory pension and healthcare after a qualifying period • Company Car

If you feel you are suited to these positions and are interested in applying, then please request an application form by emailing kate.wadsworth@cambridge-news.co.uk for the Cambridge vacancy and carlie.lewis@mk-news.co.uk for the Bedford vacancy.

EMILY LLOYD-RUCK - Deputy Field Sales Manager

"Due to the support and training the Cambridge News has given me throughout my time here, I have progressed from a field sales role through to a deputy field sales manager. I thrive on the opportunities that working for a local publisher brings me and it wouldn't be the same if it wasn't for the people I work with."

Telesales Executives

Cambridge & Bedford

Are you bubbly and enthusiastic, along with being hard working and have the drive to succeed?

We are looking for highly motivated individuals to gain new business by setting effective and exciting campaigns.

The advertising sales teams would like you to work with them on some of the best read newspapers and associated websites covering the region.

You would join our friendly sales departments as a telesales executive.

The role involves a high level of cold calling to local businesses that will benefit from advertising in our newspapers and on our websites.

Being outgoing and talkative, with a good telephone manner would be a necessity, but we will give you all the help and training you need.

We Offer:

- Up to £18,000 per year basic
- A generous bonus structure
- Great potential for career development
- 25 days holiday per year
- Regular training
- Strong support from your team and your manager
- Contributory pension and healthcare after a qualifying period

If you feel you are suited to these positions and are interested in applying, then please request an application form by emailing hayley.usher@localworld.co.uk

JAMES HOTCHKISS - Telephone Sales Team Leader

"The exciting thing about working in the fast moving world of media is that advances in technology lead to new opportunities which we can offer our clients to help grow their businesses."

We encourage applications from all walks of life and all applications will be considered on merit. It is the company's policy to employ the best qualified personnel and provide opportunity for the advancement of employees including promotion and training and not discriminate against any person because of sex, race, pregnancy, disability, marital or family status, ages, sexual orientation, religious beliefs or trade union membership.

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To **Reply** to members from your landline call:
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For a quicker service from your moblie call: 0906 500 5650
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Or **Text**.. **REPLY17** (leave a space) the six-digit box number (leave a space) and then enter your message & send to **80098**
eg: **REPLY17** 123456 ***hi get in touch...*** then send to **80098**
Successfully forwarded messages cost £1.50 per message (Max 160 characters). You must exchange 7 messages each before you can swap contact details. Messages may be moderated for yr safety and security.

Been left a message? **Pickup** your replies on:
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calls cost £1.53 per min

PLUS you can also listen to other members greetings on this number.

Women seeking men

REMEMBER: Calls cost £1.53 per minute plus network extras.

SICK of being stuck on the shelf, Jenny attractive female seeks N/S caring male 42-55 who feels the same to share adult companionship, meals in/out, possibly LTR. **Tel No: 0906 500 5817 Box No: 405277**

SOPHIA young 40yrs, married but bored, seeks discreet adult fun, any area, all calls answered. **Tel No: 0905 002 1880 Box No: 413399**

VICKY blonde blue eyed babe, 5ft 8ins looking for similar aged guy for fun times. ACA. **Tel No: 0906 500 5817 Box No: 406103**

LUCY, 32yrs, blonde lady seeks naughty boys of any age for no strings fun. **Tel No: 0905 002 1884 Box No: 413443**

LORRAINE bored 36yr old looking for discreet no strings fun with likeminded uncomplicated male, any age/looks/status. Call me. **Tel No: 0906 500 5817 Box No: 406097**

ADVENTUROUS sexy lady, 38yrs, married but seeks no strings fun with discreet man, any age. I'm tall, slim and dominant. Aca. **Tel No: 0905 002 1934 Box No: 415301**

SLIM pretty lady, blue eyes, fair skin, Irish descent, new to area, likes travel, classical music, seeks male with similar interests. **Tel No: 0906 500 5817 Box No: 406187**

LUCY, broadminded 18yrs seeks discreet fun with men any age. Aca. **Tel No: 0905 002 1938 Box No: 365051**

JOYCE 35yr old slim attractive and very honest female new to the area, loves animals, nature, looking for genuine, very loving male to spend quality 1-2-1 time. **Tel No: 0906 500 5817 Box No: 405817**

SEXY brunette, mid 20's busty, adventurous broad minded seeks no strings fun. **Tel No: 0905 002 1946 Box No: 361739**

ELLIE 39 loyal genuine faithful very lonely outgoing, pretty, varied interests, OHAC/child searching longingly for a nice guy, if you think you could be the one call me. **Tel No: 0906 500 5817 Box No: 405911**

BELINDA 39yr old divorced lonely female with GSOH looking for friendship hopefully leading to more with honest, caring male, status, looks and age unimportant. **Tel No: 0906 500 5817 Box No: 404021**

TRACY, 36yrs, hubbie away on the rigs dec/jan, seeks discreet fun with clean chap any age? **Text Only 4590837**

NICE lady, reliable, sincere, 57, feminine, slim, seeks gent, 55-69 for friendship, hopefully romance. **Tel No: 0906 500 5817 Box No: 404887**

SALLY, 38yrs large cuddly lady seeks slim men for discreet meetings. **Text Only 4550193**

41YR old divorced with two daughters, blue eyes, brown hair, kind, loving, loyal, looking for Mr Right. **Tel No: 0906 500 5817 Box No: 374937**

TRUDY 36yrs, wltm broadminded men of any age/area for daytime meetings. **Text Only 4550194**

TALL sexy, intelligent lady, GSOH, 50's, looking for LTR with genuine, old fashioned gent. **Tel No: 0906 500 5817 Box No: 405775**

BROOKE 21yr old blue eyed babe looking for mature male who can accommodate for social meets hopefully leading to more. ACA. **Tel No: 0906 500 5817 Box No: 400121**

MELANIE, 38, slim, blonde and bored. Call if you want no strings fun. **Text Only 4550198**

ATTRACTIVE 47yr old lady, GSOH, fun, warm, loving, seeks gent for loving, caring relationship. **Tel No: 0906 500 5817 Box No: 405523**

JENNI, 52 bored housewife wants no strings fun with younger chap. **Text Only 4550197**

DARK haired female, hazel eyes, likes TV, films, meals out, seeking male for friendship, maybe more. **Tel No: 0906 500 5817 Box No: 405459**

KAREN 50yrs tall, slim, attractive, loves sport, seeking similar aged male. **Tel No: 0906 500 5817 Box No: 405045**

BLONDE tanned female, trendy, 46, GSOH, likes walks, pubs, nights in, seeks male. **Tel No: 0906 500 5817 Box No: 384852**

FEMALE 58, honest and caring seeks N/S male 50-64 for friendship, maybe more. **Tel No: 0906 500 5817 Box No: 404999**

JANE 51, young looking, attractive, blonde hair, hazel eyes, 5ft 3ins, size 16-18, fun, GSOH, likes travel, meals out, seeks caring, loving, N/S male for friendship, maybe more. **Tel No: 0906 500 5817 Box No: 404531**

LISA 42, single parent, GSOH, caring, loving, honest, looking for relationship with male, 35-50. **Tel No: 0906 500 5817 Box No: 403653**

LINDA 55, quiet medium build WLTM genuine, caring male 55-60 for friendship. **Tel No: 0906 500 5817 Box No: 404227**

BLONDE female, 55, vivacious, professional, seeks solvent, independent male with GSOH. **Tel No: 0906 500 5817 Box No: 356795**

MARY Anne, attractive, blonde, blue/green eyes, tactile romantic, cultured, seeks similar male, 55-65 with GSOH. **Tel No: 0906 500 5817 Box No: 398703**

JENNY 59, divorced, N/S, driver, likes most things, seeks male for friendship, maybe more. **Tel No: 0906 500 5817 Box No: 398407**

BRIGHT outgoing 50's blonde, seeking sincere male to share smiles, friendship and maybe more. **Tel No: 0906 500 5817 Box No: 391283**

28YR old brunette, seeks fun loving, adventurous male for relationship. **Tel No: 0906 500 5817 Box No: 380918**

YOUNG at heart lady, 68, GSOH, likes dining out, dancing, weekends away, seeks male of similar age, must be genuine. **Tel No: 0906 500 5817 Box No: 398855**

KIND caring, loving female, 48, seeking male for romance, maybe more. **Tel No: 0906 500 5817 Box No: 393392**

MARIA 46, attractive blonde, blue eyes, fun loving, caring, GSOH, seeks caring, kind man for relationship. **Tel No: 0906 500 5817 Box No: 393941**

FEMALE 59, caring, honest, seeks N/S male, 50-63 to share life with. **Tel No: 0906 500 5817 Box No: 394358**

DEE 44, seeks male, 45-50 for friendship. **Tel No: 0906 500 5817 Box No: 399555**

CARING honest female, GSOH, seeking N/S male to share life with. **Tel No: 0906 500 5817 Box No: 402561**

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JO 42, 5ft 2ins, slim, blue/grey eyes, blonde hair, honest, genuine, seeking nice male for friendship, maybe more. **Tel No: 0906 500 5817 Box No: 403133**

ATTRACTIVE lady, 72, looks/acts younger, seeks similar gent for nights out and cosy nights in. **Tel No: 0906 500 5817 Box No: 400871**

WIDOW 62, N/S, brown hair, 5ft 9ins, many interests, seeks male for friendship, maybe more. **Tel No: 0906 500 5817 Box No: 396733**

HI I'm Amy, 60's medium build, varied interests, likes wildlife, music, seeking someone 65-70yrs to share the good things in life. **Tel No: 0906 500 5817 Box No: 404095**

BLUE eyed blonde lady, likes dancing, cinema, shows, SGOH, seeks gent, 62-67 for good times, maybe more. **Tel No: 0906 500 5817 Box No: 402101**

73YR old widow, 5ft 4ins, attractive, likes meals out, cinema, seeking intelligent, old fashioned gent with traditional values. **Tel No: 0906 500 5817 Box No: 399797**

LOUISA dark blue eyes, fair wavy hair, very pretty and feminine, 5ft 7ins, kind, caring, honest, sincere, GSOH, seeks similar male. **Tel No: 0906 500 5817 Box No: 399453**

48YR old female, would love to have a child, seeking a kind, sensitive male to embark on this journey with someone. **Tel No: 0906 500 5817 Box No: 362063**

CLAIRE-LOUISE 30, smoker, 4yr old daughter, likes cinema, meals out, walks, seeks similar male. Suffolk. **Tel No: 0906 500 5817 Box No: 367889**

50YR old black lady, caring, honest, slim, new to area, lonely, likes music, holidays, meals out, seeks honest, reliable gent, 60-65 to share good things in life, maybe more. **Tel No: 0906 500 5817 Box No: 403633**

RETIRED lady, enjoys dancing, walks, reading, WLTM similar aged male for friendship initially. **Tel No: 0906 500 5817 Box No: 403477**

PETITE lady 60's, likes dancing, walks, theatre, seeks male with similar interests for friendship. **Tel No: 0906 500 5817 Box No: 384839**

JOANNE 5ft, blue eyes, brown hair, seeking Tom Hardy lookalike, dark hair, likes music, walks, socialising, meals/night out. **Tel No: 0906 500 5817 Box No: 403309**

RUTH 5ft 11ins, red hair, 31, avid home baker, seeks male. **Tel No: 0906 500 5817 Box No: 394182**

ATTRACTIVE young at heart lady, 5ft 9ins, medium build, GSOH, OHAC, varied interests, seeks gentleman similar for friendship/LTR. **Tel No: 0906 500 5817 Box No: 401893**

ALICE retired, seeking man of my dreams, 65-70yrs, give me a call. **Tel No: 0906 500 5817 Box No: 403137**

JO 41, 5ft 2ins, slim, blonde, genuine, caring, friendly, GSO looking for similar male. **Tel No: 0906 500 5817 Box No: 392037**

BLOND lady, 50, attractive, size 20, seeking, honest, funny man for companionship. **Tel No: 0906 500 5817 Box No: 400061**

SHEILA widow, 69, WLTM genuine, caring, loving gent of similar age for LTR. Must be car owner and N/S. **Tel No: 0906 500 5817 Box No: 402867**

ATTRACTIVE cuddly, curvy, caring, sincere lady, 40's, GSOH, outgoing, homely, seeks sincere gent, N/S, 45 plus for LTR. **Tel No: 0906 500 5817 Box No: 346059**

ROMANTIC honest, caring, reliable lady, 40's, attractive, cuddly, size 16-18, hazel eyes, blonde hair, seeks true gent for good times, friendship, possible LTR. **Tel No: 0906 500 5817 Box No: 392165**

PETRIANA honest, sincere, caring lady, 40's, attractive, blonde, 5ft 6ins, curvaceous, seeks old school type gent for friendship, possibly LTR. **Tel No: 0906 500 5817 Box No: 376629**

ATTRACTIVE female, 45, 5ft 3ins, likes pet, cooking, music, walks, seeks kind, caring, genuine male 40's for lasting relationship. **Tel No: 0906 500 5817 Box No: 402589**

LOUISA 36, dark blue eyes, wavy hair, pretty, seeks male. **Tel No: 0906 500 5817 Box No: 380033**

ATTRACTIVE female, 44, 5ft 3ins, likes pets, cooking, music, walks, seeks kind, caring, genuine male, 40's for lasting relationship. **Tel No: 0906 500 5817 Box No: 398411**

38YR old female, brown hair, hazel eyes, seeks genuine, decent man for relationship. Ipswich. **Tel No: 0906 500 5817 Box No: 366271**

HONEST loyal, loving female, likes cinema, meals out, walks, seeks N/S male. **Tel No: 0906 500 5817 Box No: 364797**

PETITE genuine female, N/S, GSOH, likes travel, cooking, seeks N/S male with similar interests. **Tel No: 0906 500 5817 Box No: 312853**

MATURE lady, petite, N/S, likes socialising, cinema, dancing, travel, seeks N/S male with similar interests. **Tel No: 0906 500 5817 Box No: 300717**

PETITE lady, likes gardening, cinema, travel, dancing, seeks N/S male, 40-50 with similar interests. **Tel No: 0906 500 5817 Box No: 265792**

BLUE eyed blonde, likes cinema, dancing, meals out, animals, N/S, seeks male. **Tel No: 0906 500 5817 Box No: 402541**

Men seeking women

REMEMBER: Calls cost £1.53 per minute plus network extras.

KEN looking for Barbie, young mid 50's creative, amateur inventor, Christian, kind, considerate romantic nice guy, give me a try. **Tel No: 0906 500 5817 Box No: 405231**

RICHARD, 36yrs, recently widowed with young daughter, seeks motherly lady for committed relationship. **Text Only 4590838**

PASSIONATE loving, friendly guy 51, seeks lively, bubbly, buxom, shapely female, 30-70 for fun times. **Tel No: 0906 500 5817 Box No: 406323**

JAMES, hard working single dad, late 30's seeks single mum for family days out. **Text Only 4550196**

MARK single dad, 5ft 6ins, brown hair/eyes, seeking fun loving lady for relationship. **Tel No: 0906 500 5817 Box No: 406293**

JOHN, 42yrs professional genuine gent seeks caring lady to treat as a princess. **Text Only 4550195**

CHRIS 47, young looks, blue eyes, shaven head, romantic, spontaneous, seeks female for relationship and lots of laughs. **Tel No: 0906 500 5817 Box No: 340181**

OLDER guy 51, loving, friendly, caring, seeks lively, bubbly, fun loving, younger female, 20-40 for fun times. **Tel No: 0906 500 5817 Box No: 406163**

KARL 39, slim, shaven hair, likes socialising, football, spending time with family, seeks female. **Tel No: 0906 500 5817 Box No: 405655**

COUNTRY dude, seeks friends, mature 50yr old builder, for fun times, leading to concrete relationship, female. **Tel No: 0906 500 5817 Box No: 406275**

SUMMER is a lonely place. Fit divorced male, own business, seeks female 35-47 with or without children/pets. **Tel No: 0906 500 5817 Box No: 404141**

DOMINIC 40, 5ft 8ins, medium build, blue eyes, brown hair, genuine, warm hearted, many interests, seeks genuine medium/large female for friendship, maybe more. **Tel No: 0906 500 5817 Box No: 405839**

CHRISTIAN male very young 57, GSOH enjoys motor biking, keep fit, gardening, animal lover seeks young female 20-50 for LTR fun nights in/out. **Tel No: 0906 500 5817 Box No: 405365**

MALE 50, GSOH, honest, reliable, likes nights in/out, travel, seeks female with lots of love and care. **Tel No: 0906 500 5817 Box No: 405561**

GOOD looking male, 45, 5ft 8ins, intelligent, articulate, funny, GSOH, seeks attractive lady with GSOH and in pretty good shape. **Tel No: 0906 500 5817 Box No: 406179**

50 shades of grey, rugged, outdoor type, hardworking, seeks uncomplicated female for fun, friendship, maybe more. **Tel No: 0906 500 5817 Box No: 402605**

GENUINE male, 39, likes nights in/out, walks, travel, seeks female, 39-50, looks/size unimportant. **Tel No: 0906 500 5817 Box No: 335487**

MALE 39, 6ft, slim, brown hair/eyes, likes nights in/out, walks, travel, seeks female, 40-55. **Tel No: 0906 500 5817 Box No: 333049**

ROY 43, dark hair, blue eyes, 5ft 10ins, GSOH, smart, fashionable, broadminded, seeks similar female for fun, possible relationship. **Tel No: 0906 500 5817 Box No: 405785**

RETIRED active gent, seeks female, 50 plus in Kings Lynn area for discreet, daytime adult fun. **Tel No: 0906 500 5817 Box No: 406193**

TREVOR 52, likes running, seeks lady to care for and appreciate, show her consideration and love. **Tel No: 0906 500 5817 Box No: 394261**

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SMART male, 5ft 9ins, N/S, GSOH, young 63, well travelled, fit, seeks slim, attractive, easy going lady for friendship and more. **Tel No: 0906 500 5817 Box No: 405963**

PETER 49yrs looking for relationship with lady willing to meet ASAP to help me move on. Must be car owner/driver. **Tel No: 0906 500 5817 Box No: 404041**

LAIDBACK well educated, retired male, well travelled, solvent, seeks lady, 50-70 for friendship and romance. **Tel No: 0906 500 5817 Box No: 405861**

DECENT looking male, solvent, OHAC/business, lovely personality, GSOH, honest, loving, tactile, seeks LTR with attractive female. **Tel No: 0906 500 5817 Box No: 405577**

NORTHAMPTONSHIRE village male, mid 60's, solvent, OHAC, active, likes nights in/out, seeks likeminded female, 56-65 for lasting friendship. **Tel No: 0906 500 5817 Box No: 405439**

60'S gent widower, N/S, likes countryside, keeping fit, WLTM nice well dressed lady to take out on weekends/eves to see a show or something. **Tel No: 0906 500 5817 Box No: 404581**

DAVE genuine guy, 6ft, black hair, blue eyes, medium build, likes sports, gardening, music, seeks female with GSOH and genuine. **Tel No: 0906 500 5817 Box No: 388372**

NICE looking solvent male, OHAC/business, lovely personality, very honest, loving, tactile, seeks ltr with attractive female. **Tel No: 0906 500 5817 Box No: 404393**

COMPANY Director 49, looking for younger woman for fun, friendship and to spoil. **Tel No: 0906 500 5817 Box No: 404341**

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41YR old genuine, loving, single male, seeking similar female to share special times, hopefully LTR. **Tel No: 0906 500 5817 Box No: 372621**

MALE 39yrs young, 6ft 2ins attractive mixed race, GSOH, likes nights in/out, sports, seeks lady 30-45 for friendship/relationship. **Tel No: 0906 500 5817 Box No: 404167**

TALL country male, 63, solvent, OHAC, seeks female, 55-63 for lasting friendship. **Tel No: 0906 500 5817 Box No: 369187**

MALE 60's, 6ft, N/S, nice looking, likes music, dancing, travel, seeking female for friendship, maybe more. **Tel No: 0906 500 5817 Box No: 395423**

66YR old male, 6ft, widower, N/S, clean shaven, smart, likes social outings, holidays, music, dancing, seeks well dressed female for friendship, maybe more. **Tel No: 0906 500 5817 Box No: 394741**

Men seeking men

SHY gay male, 37, seeks genuine male for nights in/out. **Tel No: 0906 500 5817 Box No: 346464**

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Herald & Post

MOTORINGNEWS

Thursday, January 15, 2015

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See inside for review

COVERCAR

Inside the new VW Touareg

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At just over £48,000, Volkswagen's well-appointed Touareg range topper is not bad value for money. The more affordable SE version might just be the better buy though. If you wanted to be hyper-critical of the Volkswagen Touareg 3.0TDI 262 R-Line, you could always cherrypick rivals that do this, that or the other a little bit better. Where this car really scores, however, is as an all-round package. It's a good size, it feels well-built, there's loads of kit included and that engine is a real hauler. But as good as it is, we can't help but think that the SE model with the same engine might just be the smarter buy. It saves around £3,000, rides better, is more capable off-road and helps take the edge off the sting of depreciation. So while we like the R-Line, we'd probably be looking to save a few bob and end up with a car that's actually a bit better still.

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Albert Abbott
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Carshop Northampton

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Inside this weeks supplement you will find both new & used cars, light commercials & garages offering all kinds of services to help you get on the road & keep you there, which are all local to you.

Regards,
Steve Scoles
Herald and Post Editor

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2009 Ford Focus 1.6 Titanium, five door, metallic moondust silver, three months warranty, 12 months MOT, adjustable steering column/wheel, driver's, passenger's and side air bags, air conditioning, alarm, alloy wheels, central door locking, computer, cruise control, deadlocks, electric windows, head air bags, head restraints, heated front screen, immobiliser, in car entertainment, power-assisted steering, seat height adjustment, seat lumbar support, spare wheel, speakers, steering wheel mounted controls, tinted glass, Bluetooth + USB, five seats, 50,000 miles. £5,995.

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Model shown is New AYGO x-cite 5 door 1.0 VVT-i 5-speed Manual at £11,595.00. Prices correct at time of going to press. *4.9% APR Representative available on new retail orders of AYGO when ordered between 16th December 2014 and 31st March 2015 and registered and financed through Toyota Financial Services by 30th June 2015 on a 42 month AccessToyota (PCP) plan with 0-35% deposit and Guaranteed Future Value/Optional Final Payment. Toyota Financial Services (UK) PLC, registered office Great Burgh, Burgh Heath, Epsom, Surrey, KT18 5UZ. Authorised and regulated by the Financial Conduct Authority. Indemnities may be required. Finance subject to status to over 18s. Other finance offers are available but cannot be used in conjunction with this offer. Excess miles over 35,000 charged at 8p per mile. Toyota Centres are independent of Toyota Financial Services. Terms and conditions apply. Affordable finance through AccessToyota. 5 year /100,000 mile manufacturer warranty subject to terms and conditions. †1 year's free comprehensive insurance offer is subject to purchase being made via Toyota Financial Services on a Personal Contract Purchase (PCP) only and is available on MY15 New AYGO models (excluding x) when ordered and financed between 16th December 2014 to 31st March 2015. Vehicles must be registered by 30th June 2015. All drivers must be aged 21 years and over. Offer is limited to the insured plus up to four additional drivers. The insured and all drivers must have held a full UK driving licence for a minimum of 2 years and had no more than 1 fault claim in the last 3 years. Offer only available to customers with no more than 1 minor motoring conviction in the last 3 years. Standard Toyota Motor Insurance Terms & Conditions apply (available on request) - these will be confirmed in the policy document. **New AYGO x-cite 5 door 1.0 VVT-i 5-speed Manual. Official Fuel Consumption Figures in mpg (l/100km): Urban 56.5 (5.0), Extra Urban 78.5 (3.6), Combined 68.9 (4.1). CO2 Emissions 95g/km. The mpg & CO2 figures quoted are sourced from official EU-regulated test results. These are provided for comparability purposes and may not reflect your actual driving experience.**

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Model shown is MY15 Yaris Icon 3 door 1.0 VVT-i 5-speed Manual at £12,745.00. Prices correct at time of going to press. *0% APR Representative and £505 finance deposit allowance available on new retail orders of MY15 Yaris Icon 3 door 1.0 VVT-i 5-speed Manual when ordered between 16th December 2014 and 31st March 2015 and registered and financed through Toyota Financial Services by 30th June 2015 on a 42 month AccessToyota (PCP) plan with 0-32% deposit. ^Payment shown is based on a 42 month AccessToyota contract with £179.00 customer deposit, £505 Finance Deposit Allowance and Guaranteed Future Value/Optional Final Payment. Toyota Financial Services (UK) PLC, registered office Great Burgh, Burgh Heath, Epsom, Surrey, KT18 5UZ. Authorised and regulated by the Financial Conduct Authority. Indemnities may be required. Finance subject to status to over 18s. Other finance offers are available but cannot be used in conjunction with this offer. Excess miles over 35,000 charged at 8p per mile. Toyota Centres are independent of Toyota Financial Services. Terms and conditions apply. Affordable finance through AccessToyota. 5 year /100,000 mile manufacturer warranty subject to terms and conditions.
MY15 Yaris Icon 3 door 1.0 VVT-i 5-speed Manual. Official Fuel Consumption Figures in mpg (l/100km): Urban 54.3 (5.2), Extra Urban 74.3 (3.8), Combined 65.7 (4.3). CO2 Emissions 99g/km. The mpg & CO2 figures quoted are sourced from official EU-regulated test results. These are provided for comparability purposes

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2007 07 HYUNDAI AMICA 1.1 CDX 5 door, blue, 46,000 miles £2995
2006 56 KIA PICANTO 1.1 LX 5 door, silver, 40,000 miles £2995
2005 55 HYUNDAI GETZ 1.1 GSi 3 door, silver, 54,000 miles £1995
2004 04 HYUNDAI GETZ 1.3 GSi 3 door, blue, 38,000 ..... £1995
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2013 13 ASTRA 1.6 Sri 5 door, black, 10,000 miles £9995
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2006 56 PEUGEOT 307 1.6 S 5 door, auto, blue, 18,000 miles £3495
2005 05 HONDA JAZZ 1.4 SE auto, silver £2995
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For informal enquiries please contact Geoff Hardy or Fiona Kisch on 01908 252356 or 252905.

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For informal enquiries please contact John Pettitt on 01908 252315.

Interview date: 9th February 2015

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Class 1 Casual
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Newly qualified Drivers will be considered and there will be lots of opportunities to work extra hours.

For an application form or to submit your CV please email Steve Adams: sadams@mortimers.co.uk

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MILTON KEYNES COUNCIL

SEN Casework Officer

£27,323 – £31,160
Fixed term until September 2016 **Ref: 50016237**

Dedicated to improving outcomes for children and young people with SEN, you will support the implementation of the SEND reforms including the conversation of Statements to EHC plans. Knowledge of current legislation including the new Draft SEN Code of Practice April 2014 will be essential, as will strong negotiation and partnership working skills.

This post is subject to safer recruitment practices.

For informal enquiries please contact Caroline Marriott or Mandy Riddy on 01908 253138 or 253894.

Public Health Principal

£36,676 - £40,254 **Ref: 59000521**

You will develop, implement and evaluate the impact of key public health interventions while providing public health expertise to Milton Keynes Clinical Commissioning Group and Milton Keynes Council. Your considerable experience of undertaking multi-agency work will be supported by a postgraduate qualification relevant to public health or equivalent.

This post is subject to safer recruitment practices.

For informal enquiries please contact Linda Willis on 01908 254024.

Public Health Support Officer

£17,980 - £19,317 **Ref: 50020483**

We need you to provide project support across the service area to both consultants and practitioners. Flexible and proactive in your approach with the ability to work on several pieces of work concurrently, you will have a sound administrative experience, knowledge of IT and excellent communication and negotiation skills.

This post is subject to safer recruitment practices.

For informal enquiries please contact Gail Addison on 01908 252386.

Operations Assistant

£8.25 / hour
Woughton Leisure Centre
Casual post – as and when required **Ref: 59000979**

Focused on ensuring that customers enjoy every aspect of their visit this is a varied role that includes the set up and break down of equipment, lifeguarding the pool and maintaining high standards of cleanliness and customer service at all times. All applicants must hold a National Pool Lifeguarding Qualification (NPLQ) or equivalent.

This post is subject to safer recruitment practices.

For informal enquiries please contact Will Allen on 01908 660392.

Intermediate Care Worker

Orchard House
£17,980 - £19,317 **Ref: 50018481**

Join our multidisciplinary team, and you will provide high standards of care and support. Your main focus will be on maximising an individual's independence following a short period of illness. Willing to work days and nights, weekends and bank holidays and with a full manual driving licence, you will undertake mandatory training to meet CQC standards.

This post is subject to safer recruitment practices.

For informal enquiries please contact the Team Leader on 01908 321359.

Nursery Assistant

Kingston Day Nursery
£13,725 - £15,598 pro rata – **Ref: 50012257**
37 hours per week term time only

You will provide high quality care and education to children under the age of five as part of a committed team. You'll help create a welcoming and stimulating learning environment where children can learn through play and grow in confidence. With NVQ2 in childcare or equivalent, you will understand the issues faced by working parents.

This post is subject to safer recruitment practices.

For informal enquiries please contact Bridget Shaw on 01908 281212.

Interview date: 11th February 2015

Closing date: 1st February 2015
Salaries will normally start at the first point of the grade.
To apply online visit: www.milton-keynes.gov.uk/jobs-careers For an application form, email: jobs@milton-keynes.gov.uk
Please quote appropriate reference. We are unable to accept CVs, unless accompanied by a completed application form.

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Night Transport Supervisor

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Attractive salary package
Dunstable, Beds.

Part of the Mediaforce Group, Mortimers Logistics is an established transport business with a large fleet of HGVs and other vehicles. We are a market leader in the bulk distribution of newspapers and leaflets throughout the UK. Due to continued business growth we are now seeking a Night Transport Supervisor to join the team based at our busy depot in Dunstable.

We are seeking someone with experience of working in a busy transport department. Flexible, with a can do attitude, you will be capable of thinking on your feet and demonstrate the ability to resolve issues effectively, both proactively and reactively.

As a key figure within the leadership team, your responsibilities will include tracking all night vehicles and drivers, while keeping control of the transport plan as necessary, and dealing with any issues. You will keep up to date with driver data, infringement analysis, and keep check on other compliance such as driver and vehicle records. You will also conduct vehicle inspections before and after routes, and provide clear pre-brief and de-brief communication to drivers.

You will have the commitment to cover any vehicle routes if necessary and support and keep check on our warehouse, if required.

This role is working nights during the week and would be flexible as the needs of the business dictate. Applicants must have a LGV licence and FLT experience would be beneficial.

To apply, please send your CV to Bill Smith at bsmith@mortimers.co.uk stating your current salary.

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Night Transport Supervisor

mortimers

Attractive salary package
Dunstable, Beds.

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General Vacancies

BEDFORD SCHOOL

MAINTENANCE PERSON

Working as part of a busy team, we are looking for a flexible and enthusiastic individual to undertake general maintenance work and redecoration throughout the school site. The position will also include water monitoring so some experience in this area is desirable for this role.

Hours are 39 per week all year round including Saturday mornings on a rota basis

PORTER

We are also seeking a Porter to work as part of our portering services team. Duties will include distributing post and deliveries, moving furniture around the school estate, car parking/security duties for functions and cleaning of external areas of the School. Previous experience in a similar role is preferred.

Hours are 30 per week all year round, plus occasional evenings/weekends when functions are being held.

For further details about both roles and an application pack please visit:
www.bedfordschool.org.uk/support-staff-vacancies

Completed applications should be emailed to:
hr@bedfordschool.org.uk or posted to **Anna Smith, HR Adviser, The Bursary, Bedford School, 10 Glebe Road, Bedford MK40 2PL.**

www.bedfordschool.org.uk

The Harpur Trust is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment.
The successful applicant will be subject to an Enhanced DBS check, references and other checks

Bedford School is part of the Harpur Trust

Closing Date
22 January 2015

Redborne
Upper School & Community College

Ofsted Outstanding 2008/2009

Redborne Upper School and Community College, Flitwick Road, Ampthill, Bedfordshire MK45 2NU
Telephone: 01525 404462. NOR: 1,500 (400 Sixth Form) 13 – 18 Mixed Comprehensive

HEAD OF SCIENCE FACULTY

Required for September 2015
TLR 1B

Required for September, 2015, a keen, enthusiastic and ambitious teacher to take responsibility for the Science Faculty and who is willing to join in with the whole sphere of school life. Applications are welcome from any relevant curriculum area.

Please telephone Lou Ellis (Principal's P.A.) at the school for further details and an application form; this information is also on our website www.redborne.com

A laptop computer will be loaned to the successful candidate. The successful applicant will be required to undertake a Disclosure and Barring check.

All offers of employment are "conditional" until Disclosure and Barring and qualification checks have been successfully completed and satisfactory references have been received.

Redborne is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment.

Closing Date: Wednesday 28th January, 2015 at noon

Redborne is a successful school that achieves excellent examination results, with 90% of students gaining 5A* - C grades at GCSE (typically over 65% including Maths and English). 'A' Level results are also very good with 56% of passes at 'A*', 'A' or 'B' grades and an overall pass rate of 99%. About 80% of the Sixth Form go on to university: this year 7 students got into Oxbridge and 2 others into Medicine and Veterinary Science. The school is well regarded and popular, situated in a very pleasant area of Central Bedfordshire, within easy reach of London. The school's most recent OFSTED report was excellent and we were graded as "outstanding". Redborne is also a National College Leadership Development School and a Leading Edge School.

www.redborne.com

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GIRLS MOUNTAIN BIKE 24" wheels, metallic pink, Shimano 10 speed gears, adjustable saddle & handlebar. Suit ages 8 years+. £40 07801 706728

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LADIES SUEDE COAT Full length real suede coat, brown with a wide fur collar. Belted, 2 pockets & fully lined, size 10—12 vgc £20 07801 706728

SCHOOL BLAZER BHS girl's black blazer fully lined, washable, size 35"/89cms chest, age 12—14, as new, never worn £7 07801 706728

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Kettering Office: 21A Market Street, Kettering, NN16 0AH

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I am looking for: Large old TANNOY Speakers. Turntables: Garrard models 301 or 401 or Thorens TD 124, or EMT. Amplifiers *valve type* Quad, Leak or Radford, Modern Jazz, Folk or Blues Record Collections also considered. Can you help? Please call Matthew on

07990 738850

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RADIATOR towel radiator chrome high quality brand new in box £39 07403 003578

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Memory no-turn double mattress in new condition. Cost £300 new. Will sell for £90.

Contact telephone No 01582723127

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Home Appliances

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New car Ramp - £20
Concrete sink - £50

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ITEMS FOR SALE

2 Seater recliner sofa tan faux suede, excellent condition - £90.

Telephone pine corner unit - £20

Oval yew dining table with 6 cream high back chairs - £99

Yew corner unit to match - £10

2 single beds hardly used, storage underneath - £20 each

Bedford 07473 755108

BEDSPREAD & H/Board King size matching Cream cotton fabric with long stemmed modern rose print in raspberry pink £40 01604 648361 07799 183577

KITCHEN items house clearance due to relocation.Useful or suitable for re—selling at car boot or similar.10 items or more, half price £2 01604 624445 07999 100849

VINTAGE 1970s cake stand, glass, with stand/foot,decorated with apples, cherries and strawberries, boxed £2 01604 624445 07999 100849

HI Fi Cabinet 47 x 44cms mahogany reproduction £30 01604 648361 07799 183577

Kitchen Electrical Appliances

BOSCH washing machine 6kg 7kg 8kg 9kg manufacture recondition as new white rrp£249 129 warranty 01908 969927 07956 498220

DAEWOO american fridge freezer manufacture refurbished as new silver digital display and water dispenser rrp£599 279 warranty 01908 969927 07956 498220

HOTPOINT washing machine 6kg 7kg 8kg 9kg manufacture recondition as new white rrp£239 99 warranty 01908 969927 07516 657360

HOTPOINT fridge freezer white high165cm length55cm manufacture recondition as new rrp£269 149 warranty 01908 969927 07956 498220

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Kitchen Furniture & Fitments

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Lounge & Conservatory Furniture

OFFERS

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with footstools, excellent condition. £50 each, would sell separately.

North Luton 01582 652361

Lounge & Conservatory Furniture

DISPLAY CABINET MAHOGANY excellent condition high quality wood heavy duty length80inch 200cm high65inch 165cm depth18inch 45cm £29 07403 003578

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DANSK side board, light oak, 3 drawer and 3 under cupboards, L 65in X W 18.5in x H 34in, VGC. Buyer collects £60 01604 877217

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Woburn Sands 07534 278680

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PUBLIC NOTICES

Public Notices

HIGHWAYS AGENCY

ROAD TRAFFIC REGULATION ACT 1984-SECTION 14(1)(A) THE A45 TRUNK ROAD (WELLINGBOROUGH, NORTHAMPTONSHIRE) (TEMPORARY RESTRICTION AND PROHIBITION OF TRAFFIC) ORDER 2015

NOTICE IS HEREBY GIVEN that the Secretary of State for Transport intends to make an Order on the A45 Trunk Road, near Wellingborough in the County of Northamptonshire, to allow resurfacing and associated works to be carried out.

The effect of the Order will be to -

1. impose a 50 miles per hour speed restriction on the southbound carriageway of the A45 from the centrepoint of Knuston Lodge railway overbridge, for a distance of 1.4 kilometres in a westerly direction;
2. close –
   a. the southbound carriageway of the A45 from the roundabout junction with the A5001 and the B645 Northampton Road (Skewbridge Junction), to the junction with the slip road leading from the dumbbell roundabout junction with the A509 and the B573 Turnells Mill Lane, at Little Irchester;
   b. the slip roads leading –
      i. to the southbound carriageway of the A45 from the dumbbell roundabout junction with the A5001 and Ditchford Road, near Rushden;
      ii. from the southbound carriageway of the A45 to Chester Road at Irchester Turn; and
      iii. to the southbound carriageway of the A45 from Chester Road;
   c. the laybys adjacent to the southbound carriageway of the A45 –
      i. 400 metres southwest of Skewbridge Junction; and
      ii. 1.9 kilometres southwest of the centrepoint of the A5001 overbridge; and
3. prohibit vehicles from entering or leaving the southbound carriageway of the A45 at the junction with the BP Service Station, including 'White Arches Motorhomes', at Little Irchester.

The work will be carried out overnight between 20:00 hours and 06:00 hours and is expected to start on Monday 9 February 2015 and continue for one month. The speed restriction will be in operation from 00:01 hours on Monday 9 February 2015 and continue for 24 hours per day for the duration of the works. The layby closures will be in operation from 20:00 hours on Sunday 8 February 2015 and continue for 24 hours per day for the duration of the works. The order will come into force on Monday 2 February 2015.

Vehicles being used by special forces will be exempt from the speed restriction. Vehicles being used by the emergency services will be exempt from the speed restriction, closures and prohibition. Vehicles being used in connection with the works will be exempt from the closures and prohibition.

A diversion route for through traffic via Chowns Mill Island, the A6, A510 and the A509 will be signed. Local diversion routes will also be in operation.

For further information, please contact Andrew Hammond, Project Manager on behalf of the Highways Agency, on 01623 886 554.

Mike Lloyd, a Higher Executive Officer in the Highways Agency.

Department for Transport

TOWN AND COUNTRY PLANNING ACT 1990

THE SECRETARY OF STATE hereby gives notice of the proposal to make an Order under section 247 of the above Act to authorise the stopping up of an eastern part width of Park Farm Way comprising highway verge at Wellingborough, in the Borough of Wellingborough.

IF THE ORDER IS MADE, the stopping up will be authorised only to enable development to be carried out should planning permission be granted by the Borough Council of Wellingborough. The Secretary of State gives notice of the draft Order under Section 253 (1) of the 1990 Act but will only consider making the Order in the event that planning permission is granted.

COPIES OF THE DRAFT ORDER AND RELEVANT PLAN will be available for inspection during normal opening hours at the Borough Council of Wellingborough, Swanspool House, Doddington Road, Wellingborough, NN8 1BP in the 28 days commencing on 15 January 2015, and may be obtained, free of charge, from the Secretary of State (quoting NATTRAN/EM/S247/1678) at the address stated below.

ANY PERSON MAY OBJECT to the making of the proposed order within the above period, stating their reasons for doing so, by writing to the Secretary of State, National Transport Casework Team, Tyneside House, Skinnerburn Road, Newcastle Business Park, Newcastle upon Tyne, NE4 7AR or nationalcasework@dft.gsi.gov.uk, quoting the above reference. In submitting an objection it should be noted that your personal data and correspondence will be passed to the applicant to enable your objection to be considered. If you do not wish your personal data to be forwarded, please state your reasons when submitting your objection.

S. Zamenzadeh
Department for Transport

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Public Notices

Department for Transport

TOWN AND COUNTRY PLANNING ACT 1990

THE SECRETARY OF STATE hereby gives notice of an Order made under Section 247 of the above Act entitled "The Stopping up of Highway (East Midlands) (No.1) Order 2015" authorising the stopping up of an irregular shaped eastern part width of Harbidges Lane comprising highway verge at Long Buckby, in the District of Daventry to enable development as permitted by Daventry District Council, reference DA/2014/0067.

COPIES OF THE ORDER MAY BE OBTAINED, free of charge, from the Secretary of State, National Transport Casework Team, Tyneside House, Skinnerburn Road, Newcastle Business Park, Newcastle upon Tyne, NE4 7AR or nationalcasework@dft.gsi.gov.uk (quoting NATTRAN/EM/S247/1635) and may be inspected during normal opening hours at Long Buckby Library, Station Road, Long Buckby, NN6 7QB.

ANY PERSON aggrieved by or desiring to question the validity of or any provision within the Order, on the grounds that it is not within the powers of the above Act or that any requirement or regulation made has not been complied with, may, within 6 weeks of 15 January 2015 apply to the High Court for the suspension or quashing of the Order or of any provision included.

S. Zamenzadeh
Department for Transport

Planning Notices

NORTHAMPTON BOROUGH COUNCIL

TOWN AND COUNTRY PLANNING
(DEVELOPMENT MANAGEMENT PROCEDURE) ORDER 2010
NOTICE UNDER ARTICLE 13
PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS) ACT 1990

APPLICATIONS FOR PLANNING PERMISSION

N/2014/1435 **Beethoven House 32 Market Square**
Installation of snow tile guards to front and rear roofs above gutter lines. Grade Two Listed Building within All Saints Conservation Area.

N/2014/1482 & N/2014/1483 **Former Locomotive Shed and Office Nunn Mills Road**
Refurbishment and change of use of former engine shed for use as administration centre and recreation facilities to serve University of Northampton Student Union including the refurbishment of associated office building and erection of free standing plant room. Grade Two Listed Building.

Members of the public may inspect copies of the application, plans and any other documentation submitted at the One Stop Shop, Guildhall, St Giles Square, Northampton, NN1 1DE during all reasonable office hours. Plans can also be viewed on-line at www.northampton.gov.uk, click on 'planning' and then 'planning search facility'. Anyone who wishes to make representations about these applications should write to the Planning Division, Guildhall, St Giles Square, Northampton NN1 1DE or email planning@northampton.gov.uk by 3rd February 2015

S P Boyes, Director – Regeneration, Enterprise & Planning
Northampton Borough Council

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Legal Notices

NORTHAMPTONSHIRE COUNTY COUNCIL

ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14
THE NORTHAMPTONSHIRE COUNTY COUNCIL (OVERSTONE ROAD AND ASHLEY LANE, MOULTON)

(TEMPORARY PROHIBITION OF THROUGH TRAFFIC) ORDER 2015

NOTICE IS HEREBY GIVEN that Northamptonshire County Council have made an Order the effect of which is to prohibit traffic from proceeding along those lengths of Overstone Road and Ashley Lane, Moulton as set out below.

LENGTH OF ROAD TO WHICH RESTRICTION APPLIES: Those lengths of Overstone Road and Ashley Lane, Moulton from Ashley Lane junction with Overstone Road. Ashley Lane for a distance of 25m, and Overstone Road for a distance of 40m.

REASONS FOR RESTRICTION: The restriction is required for installation of a raised table and resurfacing.

PERIOD OF CLOSURE: The proposed Order will come into effect on 19th January 2015 and will continue in force for a period of eighteen months. An application may be made for the approval of the Secretary of State for Transport for the Order to be extended if this proves necessary. However, the restriction specified will have effect only at such times and to such an extent as is indicated by the display of signs prescribed by the Traffic Signs Regulations and General Directions 2002.

EXPECTED DURATION: It is expected that the road will be restricted for 10 days until 30th January 2015.

ALTERNATIVE ROUTES: Route 1 – use Overstone Road, Park View and Ashley Lane. Route 2 – use Overstone Road, High Street, Northampton Lane North, Northampton Lane South, Boughton Lane, Moulton Way, Booth Rise and Thorpeville.

Dated this 15th day of January 2015

QUENTIN BAKER
Director of LGSS Law

JCM/T15/005

If you require any further information please contact Gary Thorp on 01604-364359.

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NORTHAMPTONSHIRE COUNTY COUNCIL

ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14
THE NORTHAMPTONSHIRE COUNTY COUNCIL (CAREY STREET, NORTHAMPTON)

(TEMPORARY PROHIBITION OF THROUGH TRAFFIC) ORDER 2015

NOTICE IS HEREBY GIVEN that Northamptonshire County Council have made an Order the effect of which is to prohibit traffic from proceeding along the length of Carey Street, Northampton as set out below.

LENGTH OF ROAD TO WHICH RESTRICTION APPLIES: The length of Carey Street, Northampton from the junction of Shakespeare Road to junction of Clare Street.

REASONS FOR RESTRICTION: The restriction is required for carriageway patching.

PERIOD OF CLOSURE: The proposed Order will come into effect on 19th January 2015 and will continue in force for a period of eighteen months. An application may be made for the approval of the Secretary of State for Transport for the Order to be extended if this proves necessary. However, the restriction specified will have effect only at such times and to such an extent as is indicated by the display of signs prescribed by the Traffic Signs Regulations and General Directions 2002.

EXPECTED DURATION: It is expected that the road will be restricted until 23rd January 2015.

ALTERNATIVE ROUTES: For traffic heading north used Clare Street, Kettering Road and Cowper Street. For traffic heading south use Shakespeare Road, Gray Street, Hunter Street and Clare Street.

Dated this 15th day of January 2015

QUENTIN BAKER
Director of LGSS Law

JCM/T15/008

If you require any further information please contact Gary Thorp on 01604-364359.

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NORTHAMPTONSHIRE COUNTY COUNCIL

ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14

THE NORTHAMPTONSHIRE COUNTY COUNCIL (SHEEP STREET AND LADY'S LANE, NORTHAMPTON)

(TEMPORARY PROHIBITION OF THROUGH TRAFFIC AND PEDESTRIANS) ORDER 2015

NOTICE IS HEREBY GIVEN that Northamptonshire County Council have made an Order the effect of which is to prohibit traffic, pedestrians and equestrians from proceeding along those lengths of Sheep Street and Lady's Lane, Northampton as set out below.

REASONS FOR RESTRICTION: The restriction is required for demolition and removal of overhead pedestrian bridge.

PERIOD OF CLOSURE: The proposed Order will come into effect on 16th January 2015 and will continue in force for a period of eighteen months. An application may be made for the approval of the Secretary of State for Transport for the Order to be extended if this proves necessary. However, the restriction specified will have effect only at such times and to such an extent as is indicated by the display of signs prescribed by the Traffic Signs Regulations and General Directions 2002.

EXPECTED DURATION: It is expected that the roads will be restricted from 19.00 hrs on 16th January to 06.00 hrs on 19th January.

ALTERNATIVE ROUTES: Use A508, A5095 and A4500.

Dated this 15th day of January 2015

QUENTIN BAKER
Director of LGSS Law

JCM/T15/014

If you require any further information please contact Gary Thorp on 01604-364359.

SCHEDULE
(lengths of roads to be closed)

Lady's Lane – from junction of Sheep Street to junction of Victoria Street.
Sheep Street – from junction of Greyfriars to junction of Lady's Lane.

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NORTHAMPTONSHIRE COUNTY COUNCIL

ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14

THE NORTHAMPTONSHIRE COUNTY COUNCIL (LONG BUCKBY WHARF, LONG BUCKBY)

(TEMPORARY PROHIBITION OF THROUGH TRAFFIC) ORDER 2015

NOTICE IS HEREBY GIVEN that Northamptonshire County Council have made an Order the effect of which is to prohibit traffic from proceeding along that length of Long Buckby Wharf, Long Buckby as set out below.

LENGTH OF ROAD TO WHICH RESTRICTION APPLIES: That length of Long Buckby Wharf, Long Buckby from 40m either side of Railway bridge structure LEC1/249.

REASONS FOR RESTRICTION: The restriction is required for installation of 33kv cable and associated ducting.

PERIOD OF CLOSURE: The proposed Order will come into effect on 17th January 2015 and will continue in force for a period of eighteen months. An application may be made for the approval of the Secretary of State for Transport for the Order to be extended if this proves necessary. However, the restriction specified will have effect only at such times and to such an extent as is indicated by the display of signs prescribed by the Traffic Signs Regulations and General Directions 2002.

EXPECTED DURATION: It is expected that the road will be restricted until 18th January 2015.

ALTERNATIVE ROUTES: use A5, Station Road, Main Street, Long Buckby Road, Murcott, West Street, King Street and Station Road.

Dated this 15th day of January 2015

QUENTIN BAKER
Director of LGSS Law

JCM/T15/017

If you require any further information please contact Gary Thorp on 01604-364359.

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Legal Notices

NORTHAMPTONSHIRE COUNTY COUNCIL

ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14

THE NORTHAMPTONSHIRE COUNTY COUNCIL (CHALCOMBE AVENUE, NORTHAMPTON)

(TEMPORARY PROHIBITION OF THROUGH TRAFFIC) ORDER 2015

NOTICE IS HEREBY GIVEN that Northamptonshire County Council intend, not less than seven days from the date of this Notice, to make an Order the effect of which will be to prohibit traffic from proceeding along the length of Chalcombe Avenue, Northampton as set out below.

LENGTH OF ROAD TO WHICH RESTRICTION APPLIES: The length of Chalcombe Avenue, Northampton from the junction of Chalcombe Road to Harborough Road.

REASONS FOR RESTRICTION: The restriction is required for repairs to gully pipe.

PERIOD OF CLOSURE: The proposed Order will come into effect on 2nd February 2015 and will continue in force for a period of eighteen months. An application may be made for the approval of the Secretary of State for Transport for the Order to be extended if this proves necessary. However, the restriction specified will have effect only at such times and to such an extent as is indicated by the display of signs prescribed by the Traffic Signs Regulations and General Directions 2002.

EXPECTED DURATION: It is expected that the road will be restricted until 4th February 2015.

ALTERNATIVE ROUTES: Use Boughton Green Road and Harborough Road.

Dated this 15th day of January 2015

QUENTIN BAKER
Director of LGSS Law

JCM/T15/018

If you require any further information please contact Gary Thorp on 01604-364359.

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NORTHAMPTONSHIRE COUNTY COUNCIL
ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14
THE NORTHAMPTONSHIRE COUNTY COUNCIL (BUCKINGHAM ROAD, WICKEN)
(TEMPORARY 40MPH SPEED LIMIT AND PROHIBITION OF OVERTAKING) ORDER 2015

NOTICE IS HEREBY GIVEN that Northamptonshire County Council have made an Order the effect of which is to prohibit traffic from proceeding at a speed exceeding 40mph and prohibit overtaking along the length of Buckingham Road, Wicken as specified in the Schedule below.

LENGTH OF RESTRICTION: The length of Buckingham Road, Wicken from Wicken/Deanshanger parish boundary for a distance of 1.4km in a westerly direction.

REASONS FOR RESTRICTION: The restriction is required on the grounds of safety due to HGV movements during construction of Mount Mill Solar Farm.

PERIOD OF CLOSURE: The proposed Order will come into effect on 19th January 2015 and will continue in force for a period of eighteen months. An application may be made for the approval of the Secretary of State for Transport for the Order to be extended if this proves necessary. However, the restriction specified will have effect only at such times and to such an extent as is indicated by the display of signs prescribed by the Traffic Signs Regulations and General Directions 2002.

EXPECTED DURATION: It is expected that the road will be restricted until 20th April 2015.

Dated this 15th day of January 2015.

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If you require any further information, please contact Gary Thorp on 01604 364359.

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Moyo departure was the correct decision insists Cobblers boss

COBBLERS

BY CIARAN THOMAS
sport@lsnmedia.co.uk

Chris Wilder admitted he didn't see David Moyo featuring in his first team plans after the 19-year-old striker's Sixfields contract was ripped up earlier this week.

Moyo has made only five appearances for the Cobblers this season, scoring in his last two back in October, but his deal has been cancelled and he has since signed for Conference North neighbours Brackley Town where he spent time on loan.

Wilder said the move could help the Zimbabwe born teenager, who represented his country at U23 level, kick-start his career and believes it was in the youngster's best interests to move on and have the opportunity of regular football.

"I was always going to bring the numbers down and I didn't think David would get a run in the side," said Wilder.

"Sometimes you have to make a decision, I did and David goes to Brackley with our best wishes as he's a good lad.

"I looked at it, I've got Emile [Sinclair], I've got John-Joe [O'Toole] who has been playing, Ivan [Toney] to come back in and Marc Richards, I think sometimes you've got to make decisions for the players as well.

"There's going to be a ridiculous amount of players at the end of the season who'll be without football clubs and David does really need to play football.

"If he does well that's great and he kick-starts his career but for him to just be hanging around the place, be a sub or not in the squad, I don't think that's right for David and for us and we move on."

DEPARTED: David Moyo Picture: Andy Kearns

It has been a busy first half of the January transfer window with Moyo one of eight players to depart Sixfields in the past two weeks, with Jason Taylor, Brendon Moloney and Ricky Holmes coming in.

Wilder said he expects to have completed his transfer dealings for the month, but revealed that he is always on the look-out if anyone becomes available who can improve the squad.

"I think sometimes it comes to a point where you've got to have a settled group of players but you've always got to try and look if something comes up that you think can make you better," he said.

"I don't think I'd be doing my job to just say that's us done and think we're the finished article because we're not. There is still a lot of work to be done."

The Cobblers ended a run of six League Two matches without a victory when they won 2-0 at Exeter City on Saturday, and are now two games unbeaten after the 1-1 draw with Southend United.

Wilder's men climbed from 20th to 16th in the division thanks to the Grecians success, easing fears that they will be sucked into a relegation battle ahead of the visit of Dagenham & Redbridge on Saturday.

The Londoners are currently below the Cobblers in the table so, on paper at least, represent a good opportunity for Northampton to continue their resurgence in results and move further up the league.

"We've had two really good results and performances have been lifted," said Wilder.

"We need to keep that standard and see if we can raise the bar on the training ground and in terms of the quality of the squad."

The Cobblers have never lost against Dagenham, winning eight of the club's nine previous meetings, including a crucial 3-0 win in the battle against relegation in April and a 2-0 triumph in the early stages of this season.

Opinion: Sixfields cull looks to have stopped rot

COBBLERS

BY TOM REED
sport@lsnmedia.co.uk

Tom Reed looks back on the Cobblers' morale-boosting 2-0 victory over Exeter City on Saturday.

Chris Wilder's Cobblers cull looks to have stopped the rot after Northampton won 2-0 at Exeter City. The win followed the "Black Tuesday" clear-out that saw Kelvin Langmead, Alex Nicholls and Ricky Ravenhill shown the door with victory putting to an end a six game winless run.

Cobblers boss Wilder had the luxury of naming a starting 11 unchanged from the one that claimed a worthy draw against Southend United the previous week at Sixfields. That meant a prime role for John-Joe O'Toole behind Marc Richards in a 4-4-1-1 with Lawson D'Ath and loanee Ricky Holmes looking to work the right and left wings respectively.

This side appeared a damn sight more balanced than some of the hotchpotches that Wilder has produced in the past as Brendan Moloney (loaned from Yeovil Town) and left-back Evan Horwood looked to overlap their wingers going forwards.

Joel Byrom, Cobblers' southpaw playmaker, partnered Jason Taylor, the no-nonsense central midfielder, while Ryan Cresswell and Lee Collins made up a solid Cobblers spine in the centre back-positions.

City supremo Paul Tisdale made one change to the starting line-up from the previous weekend's loss to Accrington Stanley as ex-Cobbler Nicholls, who signed an 18-month contract at St James Park on Tuesday, was benched and replaced by David Noble.

The Grecians could have had the lead inside three minutes as Cobblers keeper Matt Duke was left at the mercy of an onrushing Tom Nichols after a Lee Collins comedy slip. Fortunately, Nichols' shot was tame and Duke's hand strong as he dived low to his left to tip the ball out for a corner.

A strong start for the team in red and white and City could have emphasised their advantage via another chance for Nichols who somehow saw his chip over a pedestrian Duke spin wide.

However, Northampton have started to show resilience of late and took the lead via League Two's leading marksman Marc Richards.

Moloney sent in a lush bending 20th minute cross that O'Toole flicked on for a lurking Richards to dispatch at the back stick for his 13th goal of the season.

O'Toole went one further nine minutes later by showing Nichols how it was done. Chunky O'Toole wasn't going to be physically intimidated by the Guernsey- born keeper James Hamon and slid the ball past the surging stopper for a 2-0 Cobblers lead.

ON TARGET: John-Joe O'Toole scored at Exeter Picture: Andy Kearns

Perhaps Wilder's hairdryer treatment did hirsute O'Toole some good with the midfielder showing improved condition having washed form troubles right out of his hair.

Cobblers had various chances to put the tin hat on a decent away display in the second half with, variously, O'Toole and Holmes missing decent opportunities with head and feet. The attacking quartet of Richards, O'Toole, Holmes and D'Ath will provide a threat in coming matches.

Exeter undoubtedly missed star Matt Grimes who signed for Swansea City and looked defeated at 2-0 with Alex Nicholls denied the quandary of celebrating against his old club by nodding a late header straight at Duke.

It's, a long overdue bright-spot for Northampton fans in an otherwise gloomy January and one that was made even sweeter with the mother of all Twitter meltdowns from Peterborough chairman Darragh MacAnthony after rivals Posh's 2-0 home defeat to Colchester United.

Maybe "Dmac" should start to sharpen the knives for his own player cull? Failing that, there is always Big Ron.

Next up for Cobblers is a winnable looking home tie against Dagenham & Redbridge this weekend and the chance to start an altogether more positive run.

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Herald & Post Sport

INTO EUROPE: Jim Mallinder has plenty to ponder ahead of the European trip to Ospreys
Picture: Andy Kearns

Shark attack needs to be forgotten ahead of Europe

SAINTS

BY DAN PALMER
sport@lsnmedia.co.uk

Jim Mallinder admits an impressive Sale Sharks stopped Northampton from gaining any kind of foothold at the AJ Bell Stadium as the English champions fell to a chastening 20-7 defeat on Saturday.

The result means Saints head into Sunday evening's crunch European Rugby Champions Cup clash at Pro 12 leaders Ospreys on a low note and big improvements are needed if they are to reach the quarter finals.

Saints had been motoring along as the Premiership's top try-scorers this season with a total of 47 from 12 rounds, but Sale hardly gave them a sniff.

A bullying set-piece and a typically flashy performance from fly-half Danny Cipriani proved the difference, with Eifion Lewis-Roberts and Dan Braid touching down for tries off the back of well-worked mauls – Teimana Harrison's late Saints score proving a mere consolation.

With pool five in Europe finely poised, Saints leading with 15 points ahead of French side Racing Metro who have 14, there is no room for error this weekend.

Racing are highly likely to win against Italians Treviso, who have yet to pick up a point, in their game which puts added emphasis on the Saints getting a positive result in Swansea with only the pool winners guaranteed a spot in the last eight.

Northampton will still rule the roost when the Premiership returns in four weeks but Mallinder, who watched his side lose for the first time in seven games, knows his men must improve for their trip to the Liberty Stadium, where they will face a side who are unbeaten on home turf this season.

"We look at our game and it wasn't good enough," said the director of rugby.

"I think we accept that particularly in the first half we were pretty poor, I think a lot of that comes from Sale's good play. Defensively we need to look at that.

"We are top of the league, which is good, but there are still parts of the game we need to work on, as always. We have got to put this behind us, it is a blip, we are not happy with it, but we will live to fight another day."

Northampton may have enjoyed a slightly different day out without a depleted second-row however, with Mallinder forced into a rash of changes with Courtney Lawes, Christian Day, Samu Manoa and James Craig all missing. He will be hoping for a stronger squad to pick from ahead of the trip to Wales.

Mallinder added: "You need players in special positions and one of those special positions is big, tall heavy men in the second row – unfortunately we ran out of them.

"I will be putting quite a lot of pressure on our medics and hopefully we will have them back."

Meanwhile, prop Salesi Ma'afu faces a ban under the totting up procedure after registering one yellow card and two level one citings this season.

The 31-year-old Australian was due to have his case heard by an RFU Disciplinary Panel after picking up his second citing against Sale on Saturday.

Ma'afu was notably sent off for punching Leicester's Tom Youngs in last season's Premiership semi-final at Franklin's Gardens.

Falcon Brookes flies in from Newcastle

SAINTS

Saints have announced the signing of England prop Kieran Brookes from Newcastle Falcons – and believe they are continuing the club's tradition of nurturing young English talent.

The 24-year-old tighthead will arrive from Northampton's Premiership rivals ahead of the 2015/16 season.

He will be seen as a replacement for Toulon bound prop Salesi Ma'afu and will depart to the obvious disappointment of the Falcons.

"Kieran has steadily risen through the various England representative teams and has shown his quality at each level, building up experience along the way," said Saints director of rugby Jim Mallinder.

"However, while we believe that he can contribute a great deal to our squad we also think that Kieran has a lot more to come, and we are looking forward to seeing him develop as a player at Franklin's Gardens."

Brookes has six caps for England, and while the Lancashire born player represented both England Saxons – who he helped win the 2011 Churchill Cup – and England U20 he turned out for Ireland at U18 and U19 level before switching to his native country.

He made his Premiership debut for the Falcons in 2009 and then switched to Leicester Tigers, where he endured a frustrating two year injury hit spell between 2011 and 2013.

This saw him head back to Newcastle where his stock has risen and risen.

"I'm looking forward to joining Northampton Saints next season," Brookes said. "Their record over the last few seasons speaks for itself and I'm under no illusions of the quality of squad I'm going into and the challenge that presents.

"I've really enjoyed my time at the Falcons and in particular working with John Wells and Micky Ward, both of whom have helped me massively, and in the meantime all my efforts will be concentrated on helping us finish as high up the league as we can."

Newcastle revealed that they had spent ten months trying to convince Brookes to stay but negotiations had eventually broken down.

"We're obviously disappointed to see Kieran head to Northampton, as we would have liked him to stay here, at the club that has helped him to develop into the full England international that he is today," said Falcons Director of Rugby Dean Richards.

"Attempts were made to retain Kieran over a ten month period but during the course of the negotiations it became clear that he and his agent were looking to move."

Brookes joins Munster back JJ Hanrahan in signing for Saints ahead of the 2015/16 campaign.

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Cobblers may form development side

DEVELOPMENT PLAN: Chris Wilder
Picture: Andy Kearns

BY CIARAN THOMAS
sport@lsnmedia.co.uk

Chris Wilder wants to establish a development squad at Northampton Town ahead of next season, to provide a pool of players for future first team progression.

The Cobblers pulled out of the Football League reserve competition back in 2009 and although Wilder doesn't expect to re-join a development league, he is keen for the club to establish a second tier squad.

Town's manager believes they can pick up players released by bigger clubs and give them a second chance in the professional game, as well as providing a route for young players knocking on the door of the first team.

"We want there to be a pathway for young players to come through and I've spoken to the chairman about a development squad," said Wilder.

"Players like Lawson [D'Ath] who've come in from the bigger clubs, who find themselves without a club and looking for employment, that's what I'd like to do next year, with maybe five or six of them to make that a bigger group.

"I believe there is a group of young players from Premier League and Championship clubs that maybe just drift and go through even our league.

"So if we're there and we've got a structure as a football club to catch them, dust them down and get them going again, there's a way we can add to our first team squad and be nice and strong."

Wilder admitted that the Cobblers needed to improve certain aspects of their off the field infrastructure to be able to implement the plan, including the creation of a dedicated training facility which the club currently lack.

But with the Cobblers looking to solve those issues, Wilder said the move could lessen the need to rely on short term loan signings, as well as providing players who could be sold for a profit.

"I think that comes along with making sure we have a permanent training ground, which I know the chairman's extremely keen on and working hard on securing for us," said Wilder.

"If we're going to go down that road of getting younger players in, working with them and developing them, it not only saves you money, it saves you bringing in lots of loan players.

"It provides you with assets as well, in our first team now you have [Lewis] Hornby, the likes of [Ivan] Toney, who we've had a club record bid for, and Lawson as well."

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